

# MORE GOOD THINGS



A sensible  
**COOKERY BOOK**  
for the  
**MODERN HOME**

GOODALL BACKHOUSE & COMPANY  
LEEDS

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# MORE GOOD THINGS.



A Sensible Cookery Book.



Being the Forty-Second  
Edition of "Good Things"  
(revised to 1914).



Published by  
GOODALL, BACKHOUSE & COMPANY,  
Sole Proprietors of Yorkshire Relish,  
Goodall's Jelly Squares, and other  
World-famous Specialities.  
LEEDS AND LONDON.

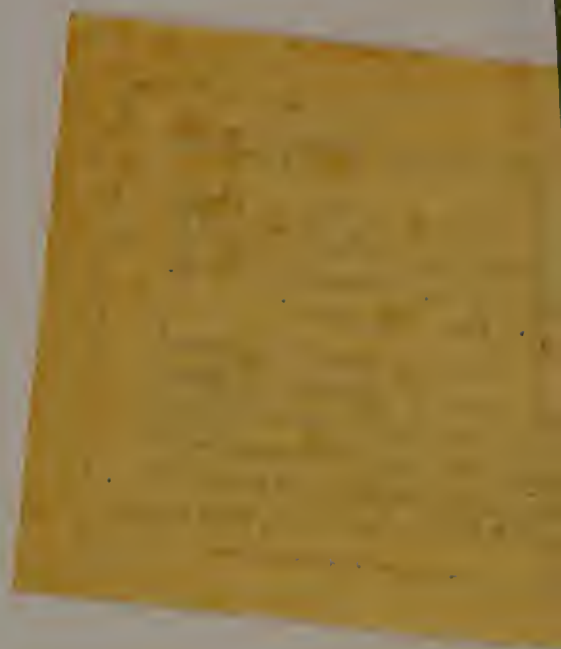
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## NOTICE *re* PRICES

THIS Edition of "More Good Things" was printed in 1914, and the prices quoted are those ruling in that year.

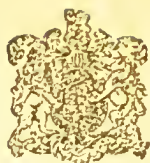
Owing to greatly increased wages, cost of material, packing, etc., etc., we have been compelled to make moderate advances, and all prices printed in this book are therefore CANCELLED. *G. B. & CO.*





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*By Appointment  
to His Majesty.*



The Most  
Delicious  
Sauce in  
the World.

# PREFACE.

**C**OOKERY, for the ordinary woman, is the chief work of life. Not for her the building of Empires, the making of mighty machinery, or the glory of business; but instead the quiet achievements of the kitchen—the ‘spinning-out’ of money—the production of delightful and extraordinary dishes from such commonplace and uninspiring things as meat—and flour—and eggs—and potatoes.



**T**O make easy the way to good cookery, to prevent the costly errors which beset the inexperienced, to help you to secure the variety which is so essential—these are the aims of this little book.



Instead of giving a long array of dishes under high-sounding names, we have rather desired to place before you a series of plain, wholesome, every-day dishes, whose materials are within the reach of most housekeepers, and to show how such simple fare may be rendered palatable and appetising, by the addition of certain delicious preparations that are worth much, but which, fortunately, cost little.

# GOODALL'S Household Specialities



“**N**O kitchen can be considered complete and well-ordered,” writes Mrs. Emmeline Forde, the famous Cook, “unless it contains *every one* of Goodall's Household Specialities.” We believe each of the articles named below to be the very best of its kind in existence.

**YORKSHIRE RELISH.** “The most Delicious Sauce in the World.” Its use will ensure nicer meals—more “flavoury,” yet more economical—than ever you had before. Yorkshire Relish, being thin and concentrated, goes two or three times as far as ordinary, thick, sauces.

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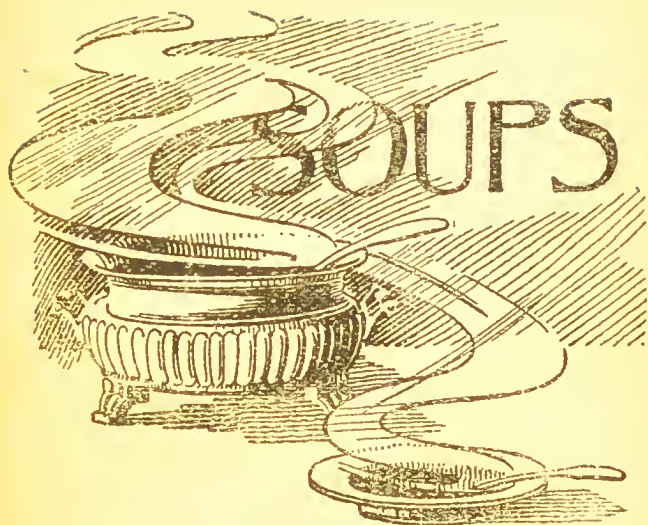
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GOODALL, BACKHOUSE & CO., LEEDS.



**I**N Winter time there is nothing better for lunch than a brimming basin of good soup—nothing could be nicer for a family dinner where there are children. To make good soup, the sauce-pan should be as clean as possible, the meat fresh and good, the vegetables and herbs fresh too (unless they be dried), free from decay and well washed. The cook should have learnt how to choose her materials and prepare them, and while the soup is boiling, nose and tongue should be on the alert to tell when it is ready for table, and by tasting, to add just so much seasoning in the shape of pepper and salt as shall render it perfect.

Meat for soups should be put on the fire in COLD soft water, the better to extract its juices ; on the contrary, meat to be boiled for table should be put on in *hot* water, as this causes the outer surface of the meat to contract, and by that means retain the juices.

# MORE GOOD THINGS

**Mutton Broth.** *MATERIALS.*—Neck of mutton; COLD water, 2 quarts; 3 or 4 carrots; 3 small turnips; 1 Spanish onion; 2 ounces pearl barley.

Soak the mutton for an hour in cold water; cut the scrag end into pieces, and put it in a stew-pan with the water. Let it simmer gently for an hour and a half, then take the stew-pan from the fire, and let the contents get cold. The next day remove the cake of fat, and after setting the stew-pan by the side of the fire, add the best end of the mutton, cut into chops, and have most of the fat taken off. As soon as the soup is simmering steadily, put in the carrots, turnips, and onions (in pieces the size of small dice), and the pearl barley, which should be soaked in cold water for a quarter of an hour before it is thrown into the soup. Add salt, sweet herbs, and a little parsley, chopped fine. Let the whole continue to simmer for about 3 hours after adding the vegetables, and serve with the meat in it. This soup may be made much better by adding *Yorkshire Relish*.



NECK OF MUTTON.  
1—2, Best End, 2—3, Scrag.



*MATERIALS.*—2 lbs. shin of beef and any cold meat or bones. Turnips, carrots, onions, 1 head of celery, 4 quarts water, 2 ozs. of rice, with salt and pepper to taste.

**A Good Family Soup.**

Put all the ingredients in a pan and simmer gently for 4 hours. Strain and stand to cool. Skim off the fat, re-heat, and serve with toast.



**Beef Soup.** *MATERIALS.*—3 lbs. of shin of beef, or 2 pounds of steak cut near the shoulder; 2 quarts of COLD water; carrots and turnips, 3 or 4 of each; the tops of a stick of celery or some celery seed; pepper and salt.

## MORE GOOD THINGS

Cut the beef into small pieces, and if shin beef be used, crack the bone in pieces too. Put into a stew-pan with the water, after frying the beef for a few minutes in a frying-pan to brown the outside. Skim occasionally, and about half an hour after it has been placed on the fire add the vegetables, and allow the whole to simmer for 3 hours after this is done. Add pepper and salt to taste, while the soup is simmering, and when just ready, colour with a little *Goodall's Browning Sauce*.



CELERY.

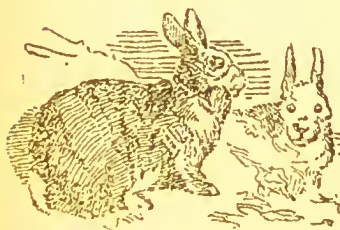


**MATERIALS.**—*A rabbit about 3 pounds; 1 pound of pickled pork; 4 onions; 1 turnip; a dessertspoonful of corn flour or tablespoonful of fine oatmeal; 5 pints of water.*

### Rabbit Soup.

Put the pickled pork, 2 onions, and the turnip into 2 quarts of *hot* water, and simmer for an hour.

Meanwhile, wash the rabbit thoroughly and add it, with a pint of *cold* water, to the contents of the stew-pan. Allow the whole to simmer for another hour, then remove the rabbit, pork, and vegetables, and having cut off the legs, shoulders, and as much meat as you can



WILD RABBITS.

from the back, put all aside to make a stew next day. Fry the remaining 2 onions till they are moderately brown, and put them with the head and bones of the rabbit into the broth; simmer for 2 hours, occasionally skimming the surface of the soup. Thicken with corn-flour or oatmeal, mixed to a paste in a little *cold* water, and add some salt if the pickled pork has not made the soup salt enough already. Strain, return to the stew-pan for a few minutes, and serve hot.



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## MORE GOOD THINGS

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Flavour rather than strength is looked for in such a soup as this, and the taste, especially when *Yorkshire Relish* is added, is delicious. If, however, you have a fancy to have it stronger, add any bones or stock that you may have by you, or cut about half-a-pound of lean beef into small pieces and fry it with the onions. ◇

**Notes on Soups.** Soups made of white meats, as rabbits, fowls, veal, &c., are never darkened or browned with colouring matter.

'Stock', which is used in many soups, is simply gravy prepared by boiling down pieces of meat, bones, &c., that cannot be used in any other way. Every good housekeeper should have a stock-pot to receive all scraps and pieces, for the liquor thus obtained forms a good foundation for soups, gravies, and sauces.

The stock-pot is a strong iron vessel, with a cover and two handles, one on either side, holding two gallons and upwards. A digester, with a valve in the cover for letting out accumulated steam, is equally useful and cheaper.

Those who like a piquant flavour in soup may easily impart it by adding a little *Yorkshire Relish*. ◇

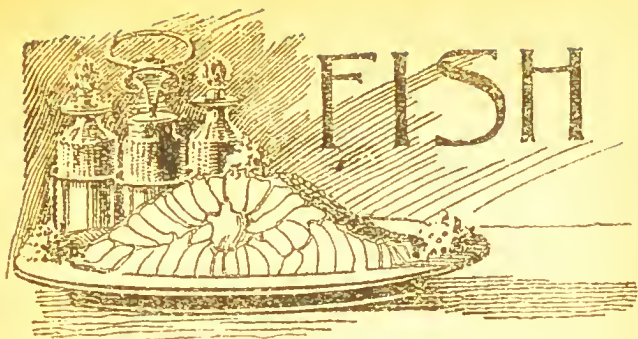
**MATERIALS.**— $1\frac{1}{2}$  qts. COLD water;  $1\frac{1}{2}$  lbs. scrag end of mutton; 1 onion; 1 leek; 1 carrot; 1 turnip; 1 strip of celery; 1 dessertspoonful of finely chopped parsley; 2 tablespoonfuls of Scotch barley; salt and pepper. **Scotch Broth.**

Cut the meat into small pieces, put them into a stew-pan with the water and a teaspoonful of salt, and cook gently for 2 hours. Wash the barley and cut the vegetables into dice, add them to the broth, and cook for another hour, making 3 hours in all. ◇

**Oxtail Soup.** Cut up 1 oxtail, slice 3 onions, and cut 1 carrot and turnip into dice. Put from 2 to 4 ozs. of butter into a frying-pan, and as it melts stir in 4 ozs.

flour; add vegetables and oxtail, and fry for about 10 minutes, then put all in a stew-pan with 2 quarts of water, and allow to simmer for 3 hours; add the seasoning, and when in the tureen stir in 1 or 2 spoonfuls of *Yorkshire Relish*.





**I**N buying fish it must be remembered that some kinds are more difficult to digest than others ; for example, fish that contain a great deal of oil, as eels, salmon, and mackerel, cannot be digested as well as whiting, soles, plaice, turbot, and cod. Fish should be eaten as fresh as possible. To boil fish, no more water should be used than just enough to cover it, and most kinds should be put into *boiling* water, with some salt, and a tablespoonful or two of vinegar. To fry fish, use good olive oil, or butter, or sweet dripping. Fish is quickly dressed, and may be considered done as soon as the meat separates readily from the bone.

As a general rule, it may be said that fish is at its best when cooked in the simplest ways. Small fish, like sole, smelts, and trout, or slices of halibut steak, are delicious when laid in a buttered dish, dredged with salt and pepper, buttered, and baked in a moderate oven.



*MATERIALS.*—As many whiting as may be needed ; COLD water sufficient to cover ; about 2 ounces of salt.

**Bolled Whiting.**

Clean the fish and lay them in a fish-kettle, or stew-pan, in the salt and water. As soon as the water boils add a little *cold* water, and simmer for 5 or 10 minutes, according to the size of the fish. When



THE WHITING.

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## MORE GOOD THINGS

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done, serve on a flat dish with a strainer, and garnish with parsley.

Some people will eat fish with no other addition than that of salt; but the majority prefer good, well-made melted butter, into which a little *Yorkshire Relish* has been stirred.

The recipe for whiting will stand good for other kinds of fish, such as cod, plaice, turbot, &c., but it is better to add vinegar to the water in which these fish are boiled, and the time during which they remain in the water, while cooking, must depend on their size.



*MATERIALS.*—A bloater (not too dry) toast.

Herring  
Toast  
Sandwiches.

Split the bloater in two, cutting it down the back; lay the pieces upon a plate and pour a pint of boiling water over; let them soak 10 minutes, place upon a cloth to dry; then broil them very gradually upon a gridiron; when well done, which will be in about 4 or 5 minutes, have ready 2 thin slices of toast, made very crisp, butter them lightly, then take away all the bones from the herrings, lay the fleshy parts equally upon one piece of toast, and cover with the other; serve very hot.



*MATERIALS.*—As many soles as may be required; some olive oil, butter, lard, or dripping; 1 egg; some fine bread crumbs.

Skin the soles, if this has not been already done by the fishmonger; wash them and wipe dry. Beat up an egg, brush over the fish with it, and then sprinkle with bread crumbs. Put the oil or dripping into the frying-pan, and let it boil before the fish is put in. When one side is sufficiently cooked, which will be in from 3 to 5 minutes, turn the fish, and when done, remove from the pan and place

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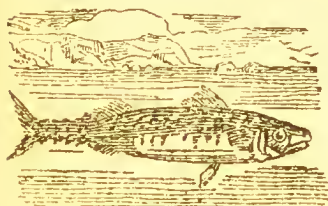
before the fire for a few minutes, to prevent them from being greasy. Serve on a hot dish, garnished with parsley.

The best sauce for soles and all fried fish is melted butter, to which should be added *Yorkshire Relish*, in the proportion of a brimming tablespoonful to half a pint of melted butter. Other fish may be fried in this way, but small fish are better suited for frying than large ones. The fins of plaice and flounders should be trimmed with a pair of scissors. When plaice are fried, it is best to have them filleted by the fishmonger. Fish with large scales should be scraped before they are cooked.



**MATERIALS.**—*As many mackerel as may be required ; pepper and salt ; a little butter.* **Broiled Mackerel.**

Clean, wash, and wipe each fish, and



THE MACKEREL.

then split it down the back, causing it to spread open like a dried haddock. Sprinkle plentifully with pepper and salt, and broil on a clean gridiron over a clear fire for about 10 minutes, keeping the fish on its back the whole time, and

putting a few small pieces of butter on the inside, which is uppermost, while cooking. Have a hot dish ready, and send to table as hot as possible.

Before eating the fish, sprinkle it plentifully with *Yorkshire Relish*, which brings out the flavour in delightful fashion.



**Fish  
Pudding.**

**MATERIALS.**—1 lb. fish ; 2 ozs. bread crumbs ; 4 ozs. suet ; 2 eggs ; 1 gill milk ; 1 teaspoonful chopped parsley, pepper, and salt. Cold boiled fish can be used for this.

# MORE GOOD THINGS

Remove all bones and skin from the fish. Chop the suet very finely. Put all into a mortar and pound well together (a potato masher and a basin will do as well as a mortar). Add the bread crumbs, eggs, parsley and milk or fish liquor; season, mix well, put into a basin and boil or steam for an hour. Serve with egg sauce or a little *Yorkshire Relish*.



FISH PUDDING.



**MATERIALS.**—1 lb. cold boiled fish; **Fish Pie**  
pepper and salt; 1½ lbs. cold potatoes; **with**  
1 oz. dripping or butter; 2 tablespoonfuls **Potato**  
of milk. **Crust.**

Mash the potatoes well, melt the butter or dripping with half the milk, and stir into the potatoes. Break the fish into small pieces (making sure there are no bones), put it into a pie dish, sprinkle with pepper and salt, and add the rest of the milk. Cover with the potatoes and bake ¾ of an hour.



## Devilled Sardines.

**MATERIALS.**—10 sardines; 1 well-beaten egg; bread crumbs; hot buttered toast; 1 lemon (sliced); a little watercress; mustard and *Yorkshire Relish* to taste.

Bone and skin the sardines, and dust each with a seasoning of sifted mustard. Dip in beaten egg and toss in fine bread crumbs, then fry till golden brown in smoking hot fat. Drain and serve at once on strips of toast, with a garnish of sliced lemon and watercress.



**MATERIALS.**—Cold fish of any kind; some stale bread well crumbled; 1 onion; **Fish**  
sweet herbs, dried or fresh; cold potatoes; **Cakes.**  
one or two eggs, according to quantity of  
fish and potatoes used; a little good stock or milk;  
quarter of a pound of dripping or butter.

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Pull the fish to pieces with a couple of forks, and remove the bones; mash the potatoes, if not already mashed; moisten them with the milk or stock; add the fish, the herbs, and the onion chopped very fine, and mix well together. Beat up the egg or eggs, and add to the mixture already made, forming the mass into small cakes or balls. Set the dripping over the fire in a frying-pan, and when boiling put in the cakes, and fry them until light brown; send to table as hot as possible.

Fish Cakes are much improved in flavour by adding to the stock with which the potatoes are moistened 2 tablespoonfuls of *Yorkshire Relish*, or the *Yorkshire Relish* may be added after the cakes are sent to table.

Salted cod, either wet or dry, fresh cod, ling, haddock, and all other white fish of this description are most suitable for making Fish Cakes; but turbot, plaice, salmon, herrings, etc., may be used to advantage in this way. Only fish that has been previously dressed is made into cakes.

Finnan haddocks, which are Scotch haddocks dried and smoked, form a most palatable addition to the breakfast-table. They derive this name from the village of Findleon, about six miles from Aberdeen, where they are prepared in large quantities.



**Kodgeros**      *MATERIALS.*— $\frac{1}{2}$  lb. boiled fish;  
(A good       $\frac{1}{2}$  lb. rice; 2 eggs; 2 ozs. butter;  
Breakfast Dish).      cayenne pepper, salt, and nutmeg.

Wash and boil the rice. Boil the eggs very hard. Break the fish in pieces, being careful to remove the bones, and cut the white of the eggs into small pieces. When the rice is done, melt the butter in a stew-pan and add the rice; then the fish, white of egg and seasoning. Mix well together and serve very hot, with the yolk of the eggs sprinkled over the top.

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## MORE GOOD THINGS

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*MATERIALS.*—1 haddock ; 2 table-spoonfuls bread crumbs ; 1 dessertspoonful **Haddock** chopped parsley ; 1 teaspoonful chopped (Stuffed herbs ; 2 ozs. suet ; 2 ozs. dripping ; 1 egg and Baked).

Wash the fish and dry thoroughly with a cloth. Mix the bread crumbs with the seasoning and 2 ozs. of suet, finely chopped. Stuff the fish with the mixture and sew it up. Bake in a greased tin for half an hour. Baste very frequently. This should be served with a good gravy, to which some *Yorkshire Relish* has been added.



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# MORE GOOD THINGS

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## Sauces and Gravies.

FOR nearly sixty years *Yorkshire Relish* has been supreme as "The Most Delicious Sauce in the World," and no amateur-made sauce is likely ever to approach it. It creates appetite, helps digestion, and adds new attraction to meat of every kind.

It is important to note, too, that *Yorkshire Relish* never hides the true flavour of the food, but simply brings it out, adding a matchless piquancy.

To avoid disappointment, buyers are requested to see that the bottles of sauce which they purchase as *Yorkshire Relish* bear on the label a *Willow Pattern Plate*, the distinctive registered trade mark of the sauce prepared by Messrs. Goodall, Backhouse & Co. The genuine *Yorkshire Relish* is, whether used by itself, pure and simple, or to impart a flavour to melted butter and gravies of any kind, so sufficient and satisfactory a sauce that it is impossible to improve by the addition of any other ingredient.



THE MOST  
DELICIOUS  
SAUCE  
IN THE  
WORLD.

For fish of all kinds, eaten hot, the best sauce is a mixture of *Yorkshire Relish* and melted butter, a good recipe for which is given on next page.



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## MORE GOOD THINGS

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**MATERIALS.**—1 pint of milk and  
**Melted** water; 1 oz. flour; 2 ozs. butter; with  
**Butter.** salt and pepper to taste.

Take from the milk, whilst cold, sufficient to mix the flour into a smooth paste, which add to the milk that has been boiling. When the mixture thickens, put in the butter and stir until melted.

This is a good and useful plain sauce, which will be found excellent with the addition of *Yorkshire Relish*.

Melted Butter is the basis of many sauces. When chopped parsley is added it is used with boiled mutton, boiled fowls, etc., and, with wine or spirits and a little sugar, for puddings.

For puddings, however, custard, made of the rich *Custard Powder* manufactured by Messrs. Goodall, Backhouse & Co., of Leeds, is a far more delicious accompaniment than melted butter flavoured with wine; while for fruit pies and puddings it is quite as good as and infinitely cheaper than cream.

For boiled mutton a dash of *Yorkshire Relish* in melted butter is preferable to the "parsley and butter" generally used.



**MATERIALS.**—6 or 8 large apples;  
 $\frac{1}{2}$  oz. of butter; a tablespoonful of **Apple Sauce**  
moist sugar. (Eaten with  
Peel and core the apples, put them Pork, Geese,  
in a sauce-pan in cold water, and and Duck).  
simmer till the pieces may be easily  
mashed to pulp. Add the sugar and butter,  
and serve hot.



**MATERIALS.**—1 pint of milk; 2 ozs.  
**White** flour; 2 ozs. butter; pepper, and salt.  
**Sauce.** Put the milk on to boil. Cream the  
butter and flavour with the pepper and  
salt in a basin with a wooden spoon. Add a little  
of the warm milk and mix into a thin, smooth



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## MORE GOOD THINGS

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paste. Add this paste to the milk and *boil* a few minutes. With a little *Yorkshire Relish* this sauce is most delicious.



**MATERIALS.**—2 ozs. of butter ; 1 oz. of flour ; a little **BOILING** water ; pepper and salt ; teaspoonful of sugar. **Brown Sauce.**

Put the butter in a frying-pan, sprinkle the flour over it, and fry till brown ; add pepper and salt to taste, and enough *boiling* water to reduce the thickness to the consistency of cream. To deepen the colour, add a few drops of *Goodall's Browning Sauce*.

Before pouring this sauce into the sauce tureen, add 2 tablespoonfuls of *Yorkshire Relish*. This will render the sauce deliciously piquant.

Brown Sauce is better suited for dark meats and such vegetables as stewed onions, while white sauce is more fit for white meats, as, for example, fricasseed fowl and boiled rabbit. When eaten with rabbit it is converted into onion sauce by the addition of 3 or 4 onions, boiled and reduced almost to a pulp. White sauce, again, is eaten with stewed celery.



**MATERIALS.**—1 pint of good stock ; **Gravy.** pepper and salt ; a teaspoonful of sugar.

Warm the stock, season with salt and pepper to taste, and colour with *Goodall's Browning Sauce*. When just about to *boil*, pour into a sauce-tureen or butter-boat, for table.

Do not place it on the dining-table before you have added 2 or 3 tablespoonfuls of *Yorkshire Relish*. This will impart a delicious flavour to the gravy, and render it a suitable accompaniment for any meat with which gravy is required.

This is the ordinary way of making gravy for roast meats, and poultry and game, when roasted. For boiled beef, a little of the liquor in which the meat has been boiled is sufficient. With boiled

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## MORE GOOD THINGS

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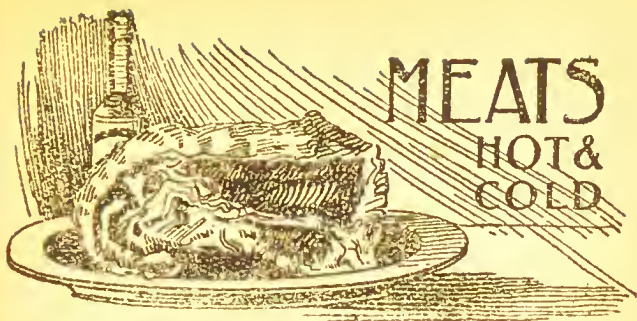
hain, bacon, etc., no gravy is required. A delicious GRAVY FOR ROAST BEEF AND MUTTON may be made by pouring off the fat or dripping that has gathered in the well of the dripping-pan, and then pouring into and over the pan on all sides a pint of *boiling* water. As the water trickles into the well it will carry with it the dripping and gravy from the meat that has become lightly crisped on the surface of the pan by the heat of the fire. Add pepper, salt, and *Yorkshire Relish*, as before, pour a little into the dish on which the meat is served, and serve the rest in a sauce-tureen. Children should always have a plentiful supply of good gravy. They like it, and it is better for them than too much meat.



*MATERIALS.*—2 thick slices of stale bread ; 1 onion and 1 oz. of butter. Mace, **Bread**  
salt, and pepper. **Sauce.**

Put the milk on to boil, with the onion whole. Take off the crust, and break the bread in large pieces in a basin. Pour the milk over the bread and beat well with a fork. Heat up again in the pan and add butter and seasoning.





**N**O one has yet produced a meat dish which would not be the better—very much the better—for the addition of a little *Yorkshire Relish*.

You can have meat at its *best*—enjoy it as it should be enjoyed, digest it as it should be digested—*only* if you use *Yorkshire Relish*.

Meat may be prepared for table by roasting, boiling, frying, broiling, stewing, or baking. A few words and hints on each process are given below.



A gas oven should always have the door left open for a few minutes after lighting. It should then be shut, and the gas left *full on* for about 10 minutes before the meat is put in.

### Golden Rule for Roasting.

It is a good plan to hang the joint from the top. It should be put in whilst the oven is very hot, the gas being gradually lowered after a short time.

### Time allowed for Roasting :

<i>Beef</i> , about	20 mins. to the lb., and 20 mins. over.				
<i>Mutton</i> „	15	„	„	15	„ „
<i>Pork</i> „	25	„	„	25	„ „
<i>Veal</i> „	20	„	„	20	„ „

Baste very frequently.



### Golden Rule for Boiling.

Let the inside of every boiler, sauce-pan, and stew-pan be kept so clean that it may be wiped with a white cloth without soiling it in the least. Put on the meat in boiling water, let the

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# MORE GOOD THINGS

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water then just rise to boiling point, and then continue to simmer till the meat is done.



Let the frying-pan be kept scrupulously clean, by boiling it out immediately after anything has been cooked in it. Put plenty of lard, dripping, butter, or oil—sweet salad oil—in the pan when you are going to fry, and as soon as it boils put in the meat. This prevents burning, which hurts the pan and spoils the fry. Never commence frying until a bluish smoke arises from the fat.

**Golden  
Rule for  
Frying.**



**Golden  
Rule for  
Broiling.**

Few ordinary cooks broil well, because it is seldom that the fire is suitable for broiling. A clear fire, made of cinders or coke, is the best for cooking with the grid-iron. There should be a space of 4 or 5 inches between the top of the fire and the bottom of the grid-iron. The bars of the grid-iron should be kept beautifully clean and smooth. Strew a handful of salt on the top of the fire before putting on meat or fish to broil.



Put on the meat in *cold* water in a clean stew-pan, or earthen pot or jar, and never let the contents do more than simmer. The meat should be fried till it is of a light brown colour before it is put in the stew-pan. Add the vegetables from half an hour to an hour after the meat has been put in the pan.

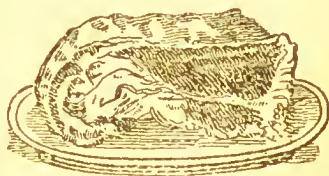
**Golden  
Rule for  
Stewing.**

Meat for a meat pie should be half dressed by stewing before it is put under the crust; the pie can then be baked quickly in a hot oven, and the crust will be light and crisp, if the paste has been properly made. Put into the pie enough of liquor that the meat has been stewed in to reach nearly to the paste. Make a hole in the top of every pie, to allow the steam from within to escape.

# MORE GOOD THINGS

**Sirloin of Beef.** The great secret is to remember that the meat must be exposed to a high temperature for 10 minutes, to harden the outside, thus sealing in the meat

juices and preventing escape and waste. Afterwards the heat should be reduced and the roasting continued until the joint is sufficiently cooked. Allow 20 minutes for each lb. of beef. Baked or roast potatoes, *Yorkshire pudding* and *Yorkshire Relish* are the best accompaniments to this joint.



SIRLOIN OF BEEF.



**MATERIALS.**—*A leg of mutton ; BOILING water enough to cover it ; a heaped up tablespoonful of salt.*

Trim the leg of mutton, put it into the water, which should be already boiling

## **Boiled Leg of Mutton.**

on the fire. Pull the boiler to the side of the fire, and allow to simmer. Remove now and then any scum that may rise to the surface, and when about half done add the salt to the water.



LEG OF MUTTON.

Many persons are apt to consider boiled mutton insipid. Their objections will be removed if 2 or 3 tablespoonfuls of *Yorkshire Relish* are added to the sauce or gravy that is served with the meat. *Yorkshire Relish* imparts a piquancy of flavour superior to that of capers, which are often eaten with boiled mutton.

The vegetables usually eaten with boiled mutton are potatoes and turnips, which should be nicely mashed. Turnips are suitable for pork, goose, duck, and any very rich and well-flavoured meat. Stewed tomatoes are excellent with mutton, boiled

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## MORE GOOD THINGS

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or roast, or, indeed, with any kind of boiled or roast meat. Tomatoes are eaten with almost every meal in the United States, and should be used in this country far more than they are. They are said to be good for indigestion and dyspepsia.



**Hashed Mutton.** *MATERIALS.*—The remains of a joint of mutton—if underdone so much the better; 1 quart of good stock or gravy; 2 onions; 2 ounces of butter; a little flour; pepper and salt.

Cut the meat into thin slices and season with pepper and salt. Put the butter and onions into a stew-pan, and set over the fire for a few minutes, so that the onions may be nicely browned; then add the rest of the stock or gravy, and simmer gently for half an hour, seasoning to taste with pepper and salt, and dredging lightly with flour to thicken the gravy slightly. Lay in the slices of meat, and let the stew-pan remain by the side of the fire until it is nicely warmed through. Hashes made from cold meat should never be allowed to boil.

It is usual to flavour the gravy of hashed meat with pickled walnuts, mushrooms, ketchup, tomato sauce, or even vinegar. Nothing, however, is better for this purpose than *Yorkshire Relish*.



*MATERIALS.*—Loin of veal; about  $\frac{1}{2}$  lb. dripping.

**Loin of Veal.**

Put into a hot oven with plenty of dripping in the tin. Veal, being lean, must be very well basted. Allow 20 minutes to the lb. and 20 minutes over. Serve with slices of lemon.

Melted butter is usually eaten with roast veal, but into this, when ready for table, 2 or 3 table-spoonfuls of *Yorkshire Relish* should be stirred to impart that sharpness of flavour which is desirable in sauce or gravy eaten with veal.



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## MORE GOOD THINGS

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Other joints of veal which can be recommended are the fillet, which is delicious when roasted and stuffed ; the leg or knuckle below the fillet may be boiled or stewed ; the neck is generally used for pies, but it is excellent roasted ; the shoulder is usually roasted. See that the butcher removes the large veins in shoulders of veal and mutton. Veal cutlets are cut from the leg. Stuffing is usually made to accompany roast veal.



**Curried Beef.** *MATERIALS.*—1 lb. cold roast beef ; 2 cupfuls boiled rice ; 2 tablespoonfuls flour ; 1 dessert-spoonful curry powder ; 1 pint beef stock.

Cook an onion for 5 minutes in 2 ozs. of butter. Add 2 tablespoonfuls of browned flour mixed with curry powder, stir to a paste, then add 1 pint of beef stock seasoned with *Yorkshire Relish* and cook until thick ; allow to cook slowly for 5 or 10 minutes, then add the cold roast beef minced, and stir until the meat is thoroughly heated. Serve in a border of boiled rice.



*MATERIALS.*— $\frac{1}{2}$  lb. suet ; 1 lb. of bread crumbs ; 1 teaspoonful of salt ;  $\frac{1}{2}$  teaspoonful of pepper ; some thyme and marjoram (fresh or dried) ; a little lemon peel, or lemon thyme ; 2 eggs.

**Veal  
Stuffing.**

Chop the suet as fine as possible, and prepare the herbs, if fresh, and the lemon peel in the same way ; mix the suet, salt, pepper, herbs, peel, and bread crumbs in a basin, and add the eggs, beaten up, to bind the whole together.

The stuffing will be greatly improved by moistening it with *Yorkshire Relish*.

Pork is very rich, and possibly unwholesome, but the richness may be counteracted and the meat rendered more digestible by taking some *Yorkshire Relish* with it. The ingredients of which this sauce is made are such as tend to promote and assist digestion.

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## MORE GOOD THINGS

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Pork is considered unwholesome because it cannot be digested so easily and quickly as beef and mutton. Veal and lamb, too, are not so digestible as beef and mutton. Pork should always be sent to table well done, and so should veal and lamb. Beef and mutton, especially the former, are better when slightly underdone.

Sage and onion stuffing and apple sauce are generally eaten with pork, and with roasted goose or duck.



**Sage and Onion Stuffing.** *MATERIALS.*—3 or 4 large onions; some fresh sage leaves or dried sage; 4 ozs. of bread crumbs; 1 oz. of butter; salt and pepper; 1 egg.

Scald the onions with *boiling* water, and chop them up as finely as possible; chop the sage leaves finely and add them to the onions, with the bread crumbs; butter, pepper and salt to taste. Mix well, and add the egg, well beaten up, to bind the whole together.

The interior of geese and ducks is filled with the stuffing. For roast legs and loins of pork, it may be put in the dripping-pan, as directed for stuffing to be eaten with roast veal.



*MATERIALS.*—1 lb. steak; 3 onions; sage, bread crumbs, salt and pepper, to taste.

### Stuffed Steak.

Take 1 lb. of steak, parboil 3 onions, chop finely, then mix in with a little minced suet, sage and bread crumbs. Season with salt and pepper. Lay the steak flat, spread the mixture evenly over, roll up and tie tightly. Place in a moderately hot oven and cook for three-quarters of an hour; serve with gravy. With *Yorkshire Relish* this dish is most savoury and appetising.



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# MORE GOOD THINGS

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## Roast

### Fore-quarter of Lamb.

*MATERIALS.*—A fore-quarter of lamb; some salt; dripping.

Place in a hot oven and baste well with fresh dripping. When done—and lamb should always be well

done—serve with mint sauce. Mint sauce is fresh mint chopped fine and put into a tureen with vinegar and moist sugar to taste. It is used to correct the richness of the lamb.



FORE-QUARTER OF LAMB.

At table, many people separate the shoulder from the neck and breast, rub some butter over the part thus exposed, and pour over it a tablespoonful of *Yorkshire Relish*. Restore the shoulder to its place, and after letting it remain a few moments to absorb the flavour of the butter and *Yorkshire Relish*, put it on a clean dish, to be eaten cold.

Lamb is in season in Spring. "House Lamb," however, may be obtained from Christmas to Lady Day. With cold lamb a well-made salad is always an acceptable accompaniment.



## COLD MEATS.

COLD meats are still a pressing problem to thousands of women. For other thousands, the problem has been banished *for good* by *Yorkshire Relish*.

*Yorkshire Relish* truly, "doeth marvellous things," and perhaps the most remarkable is that it makes cold meat thoroughly popular. The first taste of *Yorkshire Relish* with a cold, unappetising lunch, is a delight you will like to repeat.

# MORE GOOD THINGS

It is well to remember this simple kitchen rule :  
 “ *Whenever you’ve meat, see you’ve ‘Yorkshire’ too.* ”

Here are a couple of savoury dishes made largely from cold meat :—

**Minced  
Beef  
with  
Poached  
Eggs.**

Mince finely 1 lb. of lean beef (or any cold meat you have), season well with pepper, salt and *Yorkshire Relish*, and allow to get thoroughly

hot in a little good thick gravy, being careful not to let it boil. Pile on hot buttered toast, and serve with a ring of poached eggs.



MINCED BEEF AND EGGS.



**MATERIALS.**— $\frac{1}{2}$  lb. cold meat ; 1 oz. flour ;  $\frac{1}{4}$  pint gravy ; 1 oz. butter ; **Cold Meat**  
*chopped onion ; seasoning ; a little* **Cutlets.**  
**YORKSHIRE RELISH.**

Make a sauce of the butter, flour, and gravy. Add the meat, onion, and seasoning. Make into cutlets ; egg and crumb them and fry in hot fat. Serve with thick gravy.



## Tinned Meats.

NOW that fresh butchers' meat has reached so high a price, attention should be given to the tinned meats from Australia and America, which are wholesome and easy of digestion; and, having been previously cooked, are fit to eat as soon as they are removed from the tins. All kinds are good for stews, hashes, curries, and pies; the best for eating cold are the corned beef, and the compressed beef from Chicago, the latter being especially good. The worst point about them is that they are somewhat insipid. This, however, can be quickly and easily remedied by the addition of some *Yorkshire Relish*. Being wholesome and digestible in itself, tinned meat, when accompanied by Messrs. Goodall, Backhouse & Co.'s sauce, which assists and promotes digestion, is suitable for the weakest stomachs.



**Golden Rule for Cookery of Tinned Meats.** These meats are well suited for hashes, curries, stews, and pies. When made into a pie the crust should be very light, and the pie baked quickly, the meat being put in just as it is taken from the tin *with* all the jelly, but *without* the fat, which should be reserved to be used in basting meat. If it is wished to eat the meat warm, place the *tin* in *boiling* water, in a stew-pan, and set it over the fire for a few minutes. The jelly will speedily melt and form a rich gravy,

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## MORE GOOD THINGS

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and after remaining over the fire for about 10 minutes, the meat may be transferred to a hot dish and served. If there be any large pieces of fat in the tin they should be removed before the meat is warmed.



**MATERIALS.**—A 2 lb. tin of beef;  
1 onion, or 2 eschalots; pepper and salt; Beef and  
2 lbs. of potatoes;  $\frac{1}{2}$  pint of milk; Potato  
2 ozs. of butter; 1 egg;  $\frac{1}{2}$  pint of Fle.  
stock, if necessary.

Remove the fat and put the meat and jelly, after cutting the meat into small pieces, in the bottom of a pie-dish, adding the stock, if there be no jelly in the tin. Cut the onion or eschalots into small pieces, fry to a light brown, and mix them with the meat, adding pepper and salt to taste. After boiling or steaming the potatoes, mash them with the milk and butter, adding the yolk of an egg, and a little salt to taste. Cover the meat with the potatoes, raising the crust above the edge of the dish. Cut the surface across diamond-wise with a knife, or score it with a large fork or skewer. Put the dish in the oven for a few minutes, or place it in a Dutch oven before the fire, and serve when the potato crust is nicely browned.

A capital dish as it is, but capable of improvement by pouring over the meat, before it is covered with the potato crust, just a tablespoonful of *Yorkshire Relish*.



**MATERIALS.**—A 2 lb. tin of  
**Mayonnalse** mutton; 2 cabbages or 1 cos lettuce;  
**of Mutton.** some salad mixture (see page 41);  
4 eggs; pepper and salt; 4 table-  
spoonfuls of salad oil; 2 tablespoonfuls of tarragon  
vinegar; 6 spring onions or 2 eschalots; a sprig of  
parsley; chives, pickled gherkins, beetroot, and  
radishes, if in season; a cucumber sliced.

Remove all the fat and cut the mutton in slices or pieces. Put some salad, made of the lettuce,

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## MORE GOOD THINGS

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with some salad mixture, on the bottom of a dish, in the middle of it, and pile the mutton around and over it. Take the yolks of 2 eggs, some pepper and salt, and place them all in a basin, beating them together and adding the salad oil gradually until a thick cream is produced ; then add vinegar, and the onions or eschalots, and the herbs shred fine. Pour this sauce, which should be pretty stiff over the mutton, smoothing it with a spoon. Arrange the slices of cucumber, which should be well peppered and salted, round the bottom of the pile, lapping each slice over the one laid on before it all the way round. Slice the gherkins, beetroot, or radishes, and form with the pieces a star, or arrange them in stripes over the top and sides. The sauce should be made in a cool place or over ice, just before the dish is wanted.

The remains of any kind of cold meat, cold fowl, fish, or lobster, may be used in this way. The mayonnaise, in fact, is a sauce or salad dressing, adapted for use with cold meats, etc., in the manner described.

Two tablespoonfuls of *Yorkshire Relish* may, however, be used with advantage to the flavour of the sauce instead of the tarragon vinegar.

Goodall's Salad Dressing makes an excellent mayonnaise.



**MATERIALS.**—*Loin chops as necessary ; a little butter ; pepper and salt ; flour.*

**Mutton  
Chops.**

**For Broiling.**—Trim and wipe the chops ; spread a very small quantity of butter over each side, and sprinkle with pepper and salt ; place the chops on a clean grid-iron and set over a clear fire. Turn each chop 2 or 3 times while cooking, for which purpose a small pair of steel tongs will be found more convenient than a fork. When thoroughly done, which will be in from 8 to 10 minutes, rub a little more butter on each chop, and serve on a hot dish.

**For Frying.**—Wipe and trim the chops ; dredge lightly with flour, and sprinkle with pepper and

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## MORE GOOD THINGS

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salt. Place over a clear fire in a clean frying-pan, in which dripping, or butter is boiling. When ready, place the chops in a hot dish. Throw off the fat that is in the frying-pan, dredge a little flour, pepper, and salt over the bottom of the pan; put in a gill of *boiling* water, let it simmer for a few minutes, and throw it over the chops as a thick gravy.

For broiled chops, steaks, cutlets, etc., nothing is required in addition but *Yorkshire Relish*. For fried chops, when making the gravy as above directed, add 2 or 3 tablespoonfuls of *Yorkshire Relish* before pouring it over the chops. Broiled meat is always preferable to fried.

A chop is a thick slice with the bone, cut from the loin or neck of mutton. A cutlet is a thick slice of meat without bone, usually cut from the leg. Neck chops are not so highly esteemed as loin chops, on account of the smallness of the piece of meat that is found in them, and the excessive quantity of fat and bone.



**Broiled Rump-steak.** *MATERIALS.*—*Rump-steak as required; a little butter; a clove of garlic or an eschalot; pepper and salt.*

Wipe the steak, which should be from three-quarters of an inch to an inch in thickness; cut the garlic or eschalot in half (if neither can be had, a small onion will serve the purpose), and rub the pieces over both sides of the steak; then spread a little butter over the meat, and dredge lightly with salt and pepper. Place the steak on a clean grid-iron and set over a clear fire, turning now and then until done, which will be in from 8 to 12 minutes, according to size. Serve on a hot dish. With broiled steak use nothing else as sauce than a plentiful sprinkling of *Yorkshire Relish*.

# MORE GOOD THINGS

**MATERIALS.**—2 lbs. of tender beef steak; 2 sheep's kidneys, or  $\frac{1}{2}$  lb. of bullock's kidney; some light short paste; pepper and salt; a pint of good stock or gravy.

**Beef  
Steak  
Pie.**

Stew the steak for a quarter of an hour after cutting it into small pieces, putting the meat over the fire in a stew-pan, with some cold water just sufficient

to cover it. Cut the kidney into small slices. Fill the dish in layers, dredging lightly with flour. Three-parts fill the dish with stock or the gravy in which the meat has been stewed.



BEEF STEAK PIE.

Cover with a substantial layer of paste, ornament the edges with a pastry wheel or spoon, make a hole in the top, and bake for an hour or an hour and a half, according to the size of the pie.

To ensure a plentiful supply of gravy, send to table with the pie a sauce tureen of clear brown gravy, into which has been stirred 2 or 3 table-spoonfuls of *Yorkshire Relish*.

Kidney is added to the steak to impart flavour and give richness to the gravy in the pie; all kidneys, whether of the ox, sheep, or pig, yield a plentiful supply of rich gravy.



**Ham  
and Beef  
Roll.**

**MATERIALS.**—1 lb. lean beef;  $\frac{1}{2}$  lb. lean ham or bacon; 1 cup of bread crumbs; 1 egg; pepper, salt, and a teaspoonful of *YORKSHIRE RELISH*.

Put the ham and beef through a mincer, add the bread crumbs, and mix with a well-beaten egg. Put in a jar or buttered paper and steam 3 hours.



**MATERIALS.**—3 or 4 lbs. of the middle or best end of a neck of mutton; Haricot 2 large onions; 3 carrots; 3 turnips; Mutton. pepper and salt to taste; 1 tablespoonful of *GOODALL'S MUSHROOM KETCHUP*, and 1 table-spoonful of *YORKSHIRE RELISH*.



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## MORE GOOD THINGS

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Trim off some of the fat, cut the mutton into thin chops and put them into a frying-pan with fat trimmings. Fry to a pale brown, but do not cook them enough for eating. Then take out the chops and lay them in a stew-pot. Cut up the carrots and turnips into the form of small dice and the onions into slices and add pepper and salt. Slightly fry them in the fat in which the chops were fried; when pale brown put into the stew-pot along with the chops, *Mushroom Ketchup* and *Yorkshire Relish*, and cover them with warm water; put into the oven and simmer till the vegetables are soft, then take the stew-pot out of the oven and put away till *next* day, then remove the whole of the fat and simmer about an hour, and add a tablespoonful of flour, when it will be ready for the table.



TURNIP.

For all ordinary purposes it is well to cut vegetables into dice, which prevents all waste.



**Bacon  
with**

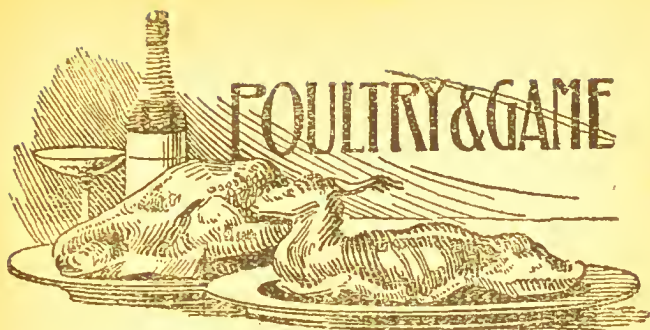
*MATERIALS.*—6 bananas and some thin slices of bacon.

**Bananas.**

Peel the bananas, cut each lengthwise and place each piece on a slice of bacon, and bake in a hot oven, or fry.







**T**HE flesh of the fowl and turkey is white and delicate, the darkest part in each being the meat of the legs and thighs. The flesh of the duck and goose is dark and strong flavoured. The flesh of the hare, partridge, woodcock, snipe, grouse, etc., is dark in colour ; that of the rabbit, which is usually classed with game in cookery, is whiter. The meat of the pheasant, one of the best of birds, is as white as that of the fowl, but far more delicate in flavour.

**Golden Rule for Cooking Poultry.** When roasting poultry, remember to baste continually, and on no account let the skin get scorched to dryness. Fowls, when boiled, should be wrapped in a clean cloth, to prevent the meat from being touched by any scum that may gather on the surface of the water. Roast or hash brown meat ; roast or boil white meat.



Partridges, etc., should be roasted quickly before a hot, clear fire or in a hot oven. It is unusual to boil any kind of game except rabbit, which is very dry when roasted. Hares and rabbits, too, when roasted, being without fat, should be well basted while cooking ; a hare is best when jugged—that is to say, half roasted, cut in pieces, and gently stewed.

**Golden Rule for Cooking Game.**

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## MORE GOOD THINGS

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### Roast Turkey.

*MATERIALS.*—A turkey about 10 pounds in weight; some good veal stuffing; a sheet of paper well buttered.

If the turkey has not been regularly trussed and prepared by the poulterer, the bird must be plucked, drawn, singed, and the hard tendons of the thigh removed by breaking the legs below the knee, and pulling them out by dint of sheer force. One way of doing this is to half open a door, put the foot between the door and the jamb above the upper hinge, close the door as far as the leg of the turkey will admit and then pull till the tendons come out. Then truss the bird, putting the liver under one pinion and the gizzard under the other, wipe it well inside, and fill up under the skin of the neck with the stuffing (*See page 24*). Fasten the buttered paper over the breast with small skewers, and put in a hot oven. When nearly done, which will be in about an hour and a half or an hour and three-quarters, remove the paper, sprinkle the turkey lightly with flour, and baste well, that it may become nicely browned and well frothed on the surface. About a quarter of an hour after the paper is removed will serve to do the bird to a turn and render it ready for table.



ROAST TURKEY.

Roast turkey may be accompanied by fried sausages, a small ham, or a piece of boiled bacon. The stuffing may be made into force-meat balls instead of being inserted under the skin of the neck. Bread sauce is also necessary, and some strong beef gravy, sent to table, as the bread sauce should also be in a tureen. (Recipe for bread sauce on page 18).



*MATERIALS.*—A couple of young fowls; BOILING water. *ACCOMPANIMENTS.*—A small ham; a piece of smoked bacon, or ox-tongue, boiled; parsley and butter, or oyster sauce.

### Boiled Fowl.

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## MORE GOOD THINGS

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If the fowls have not been picked, drawn, and properly trussed by the poulterer, this must be done. In trussing for boiling it is not customary to place the liver and gizzard under the pinions, but the liver is frequently chopped fine, and sent to table with some parsley and butter, which is then called liver sauce. Wrap the fowls in a clean white cloth, which may be dredged on the inner side



BOILED FOWL.

with flour, and simmer for from 20 minutes to about an hour, according to the age and size of the fowls. The flesh of a boiled fowl is delicate, but many persons consider it insipid. It may be made sufficiently savoury for any palate by sprinkling a little *Yorkshire Relish* over the meat.

A boiled turkey must be dressed in the same way as boiled fowls, and roast fowls as a roast turkey. A roast pheasant may be cooked in precisely the same way as a roast fowl, but nothing is sent to table with it except some rich brown gravy and bread sauce.



### Roast Goose.

**MATERIALS.**—A plump goose, about 10 lbs. in weight; sage and onion stuffing (see page 24); apple sauce (see page 16).

Well wipe the inside and fill with stuffing. Place in a hot oven, and roast for about one and a half hours. A heavier bird will, of course, require a longer time, and a 'green' goose not so long. Send to table as hot as possible, with a tureen of strong beef gravy and another of apple sauce. Mashed turnips should be sent to the table with roast goose or roast duck, as they tend to correct the grossness and strong flavour of these birds. Another and better method of counteracting the richness and strong flavour of goose and duck is to add to the beef gravy 2 or 3 tablespoonfuls of *Yorkshire Relish*.



ROAST GOOSE.

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## MORE GOOD THINGS

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Ducks are roasted in the same way as geese, but being smaller, they take less time. The same kind of stuffing is used with them.

To stuff geese or ducks a hole is made in the skin just above the heart-shaped projection which forms the rump of the bird, the stuffing is passed through the hole, and the rump drawn through it as soon as the interior is filled. The neck is cut off close to the body, and the skin of the neck tied round with string to close the orifice.

The liver and gizzard, with the middle and end bones of the wings, the feet, the heart, and the neck, form what are termed the giblets. The giblets may be boiled down to form gravy for the goose, but they are better when stewed and sent to table as a separate dish, or made into a giblet pie.



*MATERIALS.*—A hare; some good stock, about 2 or 3 pints, in proportion to the size of the hare; a small onion stuck with cloves; some lemon-peel; pepper and salt; some force-meat balls; a glass of port wine; some butter, lard, or dripping.

### Jugged Hare.

The entrails, liver, etc., of a hare should be removed as soon as it is received; after doing this, wipe the inside, pepper it well, and hang up the hare.



ROAST HARE.

When wanted for dressing, skin it and truss as if for roasting, and then half-roast in a hot oven, from half an hour to an hour being sufficient, according to the size of the hare. Baste con-

stantly while the hare is roasting. Then cut it up into small pieces, and put these into an earthen jar with a cover, pouring over nearly sufficient stock to cover them, and adding the onion, lemon-peel, pepper, salt, etc. Put the jar into a slow oven, and allow the contents to simmer for 2½ or 3 hours, according to the size of the hare. When sufficiently done, take out the pieces of hare and pour the gravy into a clean sauce-pan, adding a little more stock,

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## MORE GOOD THINGS

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if necessary, and the port wine. If not sufficiently seasoned, put in a little more pepper and salt. When the gravy is just about to boil pour it over the pieces of hare, which should have been placed in a very hot dish, and send to table as quickly as possible.

A hare, when cooked in this way, cannot fail to be tender—even an old hare is tender and palatable when jugged. For roasting, a leveret, or young hare, is best; but to make it tender and worth eating it is necessary to baste it continually, from the moment it is put before the fire or into the oven, until it is taken down to be served for table. For roast hare special kinds of stuffing and gravy are necessary, and a pot of red currant jelly should form an accompaniment.



**Stuffing for Roast Hare.** *MATERIALS.*—1 lb. of bread crumbs;  $\frac{1}{4}$  lb. of beef suet; the liver, parboiled and chopped very fine; pepper; salt; some grated lemon-peel; some grated nutmeg; parsley and thyme; and the yolks of 2 eggs.

Mix the whole well together, put it inside the hare and sew up the opening to keep it in.



**Gravy for Roast Hare.** *MATERIALS.*—1 pint of good stock; a wine-glassful of port wine; 1 oz. of butter; pepper and salt to taste; and 3 tablespoonfuls of Yorkshire Relish.

Simmer gently for a few minutes in a clean sauce-pan, and when nearly ready, thicken slightly with a little flour, and serve in a tureen, or poured over the hare.

Never eat cold hare, but send the remains to table hashed or jugged. Some cooks tie thin slices of bacon over a hare before roasting it; it is better, however, to baste it well with butter, lard, or dripping.



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## MORE GOOD THINGS

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# Vegetables and Salads.

**V**EGETABLES are a necessary accompaniment to meat ; the mealy potato, carefully boiled and sent to table after the Irish fashion, in its jacket, is a delicious and almost indispensable adjunct to the chop or steak, and, indeed, to any joint, roast or boiled, and most "made dishes" or *entrees*. Mr. Buckmaster, an expert in the art of cookery, says : " All vegetables intended for boiling should be well washed, but not soaked ; a little vinegar in the water will be more effectual in removing insects than salt. Green vegetables should have plenty of room, and be plunged into hot *boiling* water, with a small teaspoonful of pounded loaf sugar. The sauce-pan should be uncovered, and the contents occasionally skimmed, the vegetables should not remain in the water an instant after they are cooked." The same authority says : " In boiling green vegetables the colour can only be retained by quick boiling in plenty of water in an uncovered sauce-pan." From the foregoing remarks may be gathered almost all that need be known to cook vegetables to perfection. Experience alone can render any cook acquainted with the precise time at which any vegetable may be considered to be done. Remember, that vegetables—especially green vegetables—are as unwholesome and injurious to the stomach when done too much as when underdone.

### The " Intensive " Cookery of Vegetables.

A more modern way is to boil the vegetable in about half a teacupful of water, with the lid *on*. This method makes the vegetables much more digestible, and greatly improves their flavour.

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## MORE GOOD THINGS

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Remember to wash thoroughly and rinse green vegetables in vinegar and water. Plunge green vegetables in a large sauce-pan full of *boiling* water, add a piece of soda the size of a pea, and boil quickly. Take out of the water as soon as done, and drain in a cullender before serving.



### Boiled Potatoes.

*MATERIALS.*—Potatoes as required; COLD water ; salt.

Let the potatoes that are to form a "dish" be as nearly the same size as possible ; wash and scrub them clean if they are to be served in their skins ; if without, peel them, throwing each potato into cold water as soon as it is peeled. Place them in a sauce-pan, and pour in sufficient cold water to cover them. Set over the fire, and when the water boils throw in a heaped dessertspoonful of salt. When a fork will pass through them with ease the potatoes are done. Pour off the water and place the sauce-pan again by the side of the fire, until all moisture has disappeared. Dish up and serve as quickly as possible, removing the cover or turning it half round to let the steam escape when placed on the table.



*MATERIALS.*—As many mushrooms as may be piled together on a vegetable dish, as they shrink in cooking ; 2 ozs. of butter ;  $\frac{1}{2}$  pint of milk ; a little flour ; pepper and salt ; 2 table-spoonfuls of gravy.

### Stewed Mushrooms.

Cut off the stalks and remove the thick skin on the *outer* part of the mushroom, and lay them in a stew-pan in the stock or gravy, and the butter.

In about 10 minutes' time add the milk, and pepper and salt to taste, and allow the mushrooms to simmer until perfectly tender. Dredge slightly with flour to thicken the sauce, and serve in a vegetable dish.



BOILED MUSHROOMS.



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## MORE GOOD THINGS

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If you would eat stewed mushrooms in perfection, add to the sauce, just before pouring the contents of the stew-pan into the dish, 2 tablespoonfuls of *Yorkshire Relish*.

When well cooked mushrooms are very wholesome, and more than this, they are the most nutritious of all vegetable substances. They are excellent fried or broiled, or cooked on toast before a fire, when a lump of butter should be placed on the mushroom and a tumbler put over it. The steam that rises condenses on the sides of the tumbler and trickles down on the toast, soaking into it, and imparting to it the flavour of the mushroom.



### Baked Tomatoes.

*MATERIALS.*—8 or 10 tomatoes ;  
a thick slice of bread, well crumbled ;  
2 ozs. of butter ; pepper and salt to  
taste.

Scald and skin the tomatoes ; cut them in thick slices ; rub the sides of a pie-dish with butter, or a little lard or dripping which will do as well, and lay in the slices of tomato ; season well with pepper and salt ; cover with bread crumbs, and scatter some small lumps of butter over the crumbs. Bake in a hot oven for from 20 to 30 minutes.

This dish may be considerably improved by pouring over the tomatoes, before adding the crumbs and butter, 2 or 3 table-spoonfuls of *Yorkshire Relish*.



THE TOMATO.

Tomatoes may be eaten with almost any meat, hot or cold. They are delicious either cooked or raw. When eaten raw they should be cut in slices and dressed as cucumber, some onion being added, chopped fine or cut in slices. Tomatoes should be eaten freely by all persons who are dyspeptic, or who suffer from torpid liver, on account of their valuable medicinal properties.

English-grown tomatoes are, generally speaking, dear, as much as 8d. per lb. being often asked for them. The cheapest are those which are sent to us from America in tins.

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# MORE GOOD THINGS

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**MATERIALS.**—1 cos or 2 cabbage lettuces ; some spring onions ; some slices of beetroot ; 1 egg ; some mustard and pepper-cress ; a teaspoonful of salt ; 2 spoonfuls of mustard ; half a teaspoonful of pepper ; 4 table-spoonfuls of salad oil ; 2 table-spoonfuls of vinegar. **Salad.**

Wash the lettuce in cold water and then in vinegar and water, and the cress also. Put the lettuce into the centre of a large clean cloth, and, gathering



SALAD IN BOWL.

up the corners, swing the cloth and its contents round rapidly for a minute or more, to get rid of all moisture from the leaves. Put the mustard into a basin and add the oil gradually, rubbing the mixture round and round with a spoon until a smooth thick cream is produced.

If the oil and mustard do not readily unite, add a teaspoonful of water. The mustard should be already made, as for table, and not in powder. Add the salt, pepper, and vinegar, and mix well. Tear the lettuce across the leaves in pieces about an inch in width, and throw lightly into the bowl with the cress and onions shred fine. Lastly, pour the mixture over all, and ornament the top with the slices of beetroot and the egg, which should have been previously hard-boiled and cut in slices.

2 or 3 table-spoonfuls of *Yorkshire Relish* may be added with considerable advantage to the above mixture, or substituted for the vinegar. For an impromptu salad it will be sufficient to pour some *Yorkshire Relish* over some lettuce shred into strips. Nothing else in the form of salad dressing is absolutely necessary.

Almost all kinds of vegetables, when cold, such as potatoes, well-cooked cabbage, peas, beans, haricot beans, French beans, scarlet runners, etc., may be sliced and eaten as salad, with the mixture above-described, or with *Yorkshire Relish* only. *Goodall's Salad Dressing* is excellent.

Never cut a lettuce, always tear it with the fingers.

# PUDDINGS, PASTRY & SWEETS



**T**O make paste for pies and puddings that shall be light and easy of digestion is the high ambition of every woman who cooks. The preparation of light and wholesome pastry has been rendered far more easy by "baking powder." The value of baking powder, however, does not consist solely in the fact that its use tends to make pastry and pudding-crust light. It possesses the further recommendation of producing paste, for puddings and pies, at the cheapest possible rate, for butter can be dispensed with altogether, if it be desirable to do so on the ground of economy; while, in making puddings, eggs may be used in less quantity if baking powder be used. It is necessary, however, to caution the buyer against the indiscriminate use of all baking powders. The manufacturers of the *Yorkshire Relish*, Messrs. Goodall, Backhouse & Co., of Leeds, prepare *Goodall's Baking Powder* also, and it can be thoroughly depended on for the purity of its ingredients, and the absence of alum and other harmful substances. Another useful article, by aid of which custards may be made without eggs, and a rich and most delicious accompaniment prepared for all kinds of pies and puddings, whether made of fresh fruit, dried fruit, or preserves, is *Goodall's Custard Powder*, manufactured by the same firm. A pie or pudding cannot fail to give satisfaction when either or both of these most useful aids to good cookery have been used in its making. Let no housekeeper, therefore, think that she is fully

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## MORE GOOD THINGS

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prepared for cooking unless she have at her elbow plenty of *Goodall's Baking Powder* and *Goodall's Custard Powder*, which are sold by all respectable grocers and oilmen throughout the United Kingdom and the British Colonies.

**Golden Rule for Baking Pies and Pastry.** Meat pies, unless the meat be partly cooked by stewing before it is put under the paste, should be baked in a slow oven. Pastry, fruit pies, etc., should be baked in a quick oven.



Puddings of all kinds should be plunged into boiling water, and the water should boil, not simmer, all the time that the pudding remains in it. It is difficult to boil a pudding too long.

**Golden Rule for Boiling Puddings.**

Pudding cloths should be kept scrupulously clean. Wash out the pudding cloth well as soon after the pudding is taken out of the boiler; dry it thoroughly, and put it away in a clean place, ready for use at another time.

For New Jelly Recipes, see special Section on page 71.



**Good Suet Crust.** *MATERIALS.*— $\frac{1}{2}$  lb. suet;  $\frac{3}{4}$  to 1 lb. flour; 1 teaspoonful of GOODALL'S BAKING POWDER.

Chop the suet very finely, mix with the flour and Baking Powder. Make into a stiff dough.

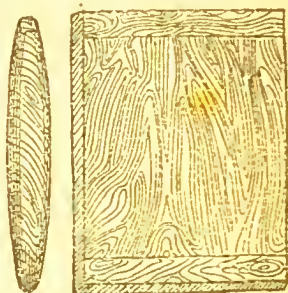
In making pastry, pies, and puddings, see that you use *Goodall's Baking Powder*. When this Powder is used no disappointment can ensue, and, as the ingredients are pure and wholesome, no ill effects can result from its use.

# MORE GOOD THINGS

**MATERIALS.**—1 lb. of fine flour ; half a teaspoonful of salt ; half a pint of water ;  $\frac{3}{4}$  lb. of butter for very rich paste, and from  $\frac{1}{2}$  to  $\frac{1}{4}$  lb. for paste for family use ; 1 heaped tablespoonful of **GOODALL'S BAKING POWDER**.

## Puff Paste.

Put the flour in a bowl, then add the salt and Baking Powder ; mix well together ; after that rub in a little butter ; then add water, gradually working the whole into a stiff paste, that will not stick to the board or fingers. Roll out the paste in a mass about an inch thick, put a little more butter in the centre, and fold the edges of the paste over the butter. Roll out the paste as thinly as possible, and fold first one side and then the other over the strip in the centre, so that there are three



PASTE BOARD AND ROLLING-PIN.

thicknesses of paste one on top of another. Let the paste stand for a few minutes, and then roll and fold it over as before, repeating this 3 or 4 times, when the paste may be worked up into a lump, and rolled out for use to any required thickness.

Good puff paste is easily made by using *Goodall's Baking Powder*.



## Suet Pudding.

**MATERIALS.**—1 lb. of flour ; from a  $\frac{1}{4}$  lb. to  $\frac{1}{2}$  lb. of beef suet ;  $\frac{1}{2}$  a teaspoonful of salt ; 1 dessert-spoonful of **GOODALL'S BAKING POWDER**, manufactured by Messrs. Goodall, Backhouse and Co., of Leeds ; sufficient milk or water to make the materials into a thick paste.

Put the flour, suet, salt, and Baking Powder into a large basin, and mix well together ; then add milk or water, using a wooden spoon ; turn the paste into a greased pudding-basin, and tie a floured pudding-cloth loosely over the rim of the basin, or

# MORE GOOD THINGS

tie up the paste loosely in a floured cloth only. Put into boiling water, and keep boiling for  $1\frac{1}{2}$  or 2 hours. A larger pudding will, of course, require more time.

This wholesome and nutritious pudding may be eaten with meat or meat gravy, or with sugar, treacle, or preserved fruit of any kind. An agreeable and palatable addition is to be found in custard made from the rich and excellent *Goodall's Custard Powder*.



$\frac{1}{2}$  lb. figs ;  $\frac{3}{4}$  cupful sugar ; 1 cupful chopped suet ;  $1\frac{1}{2}$  cupfuls flour ; 1 teaspoonful of GOODALL'S BAKING POWDER ;  $\frac{1}{2}$  teaspoonful salt ; milk to make into soft dough. **Fig Pudding.**

Add enough water to the figs and sugar to keep them from burning, and cook to a jelly. Mix together 1 cupful of chopped suet,  $1\frac{1}{2}$  cupfuls of flour, 1 teaspoonful of baking powder and a  $\frac{1}{2}$  teaspoonful of salt ; add just enough milk to make a soft dough. Roll out the dough, cover with a layer of cooked figs and roll together like a jelly cake. Put into a cloth and steam about 3 hours.



**Parmesan Pudding.** *MATERIALS.*—1 pint of new milk ; 1 egg ; 2 of GOODALL'S CUSTARD POWDERS, and some lemon-peel.

Boil a pint of new milk with 8 or 10 lumps of sugar. Mix, separately, one of *Goodall's Custard Powders* with 3 tablespoonfuls of milk, beating well up with it 1 egg. Now pour over it the boiling milk, boil the combined mixture for 5 minutes. Well butter a mould, place strips of candied lemon at the sides and bottom, and pour in the boiling milk and custard. Bake it in a good oven for 30 minutes. Let it cool, turn out, and serve up with a dish of *Goodall's Custard* prepared in the ordinary way. The whole forms a most delicious dish.



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## MORE GOOD THINGS

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**MATERIALS.**—1 pint of milk;  
4 heaped tablespoonfuls of flour; **Yorkshire**  
1 saltspoonful of salt; 1 dessert- **Pudding.**  
spoonful of GOODALL'S EGG POWDER,  
manufactured by Messrs. Goodall, Backhouse & Co.,  
of Leeds.

Put the flour, salt, and Egg Powder into a large bowl, mix well together, then add the milk gradually, stirring the whole until thoroughly mixed. Pour the batter into a shallow tin, well greased with butter, lard, or dripping. Bake for quarter of an hour in a hot oven, and then take it out and put it under the meat for about the same time. Cut the pudding into square pieces before transferring it from the tin to the dish to be sent to table.

This kind of pudding, when well made and rendered light and palatable by using *Goodall's Egg Powder*, is excellent with roast beef.

The richness and lightness of Yorkshire Pudding renders it a suitable pudding to be eaten with meat; but when a few Sultana raisins or currants and a little sugar, are mixed with the batter, it forms a nutritious pudding, especially for children, to be eaten in the usual way after meat.



**Apple** **MATERIALS.**—Some good suet crust;  
**Pudding.** from 10 to 20 apples, according to size;  
6 or 8 cloves, or a few strips of lemon-peel.

Line a pudding-basin, after greasing it well with butter, with some good suet crust (see page 43), peel and core the apples, and cut them into small pieces. Lay them within the crust, and throw in a few cloves or strips of lemon-peel here and there. Then cover with suet crust, tie up with a floured cloth, plunge in boiling water in a large sauce-pan, and boil for 2 or 3 hours, according to size of pudding. As the water in the sauce-pan boils away, add some more. A fruit pudding will bear a great deal of boiling, but it should be kept covered with water, and the water should boil, not simmer, the whole time. Sugar should be added to fruit puddings and pies after they have



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## MORE GOOD THINGS

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been brought to table. Apple pudding is considerably improved by pouring over it some custard, made from *Goodall's Custard Powder*.

Apples are cored before being made into pies and puddings to get rid of the hard lining of the cells in which the pips are contained, this lining being apt to get between the teeth. In making apple dumplings the pips and core are left in the apple for the sake of the flavour that the former impart to the fruit. Apples baked in the oven or roasted before a fire, and eaten with custard made of Messrs. Goodall, Backhouse & Co.'s rich and delicious Custard Powder, form a wholesome diet for children and act as a slight aperient.



**MATERIALS.**— $\frac{1}{4}$  lb. bread crumbs ;  
2 ozs. suet ; 2 ozs. candied orange peel ; 1 lemon ; 1 egg ; 3 table-  
spoonfuls of marmalade. **Marmalade Pudding.**

Chop the suet ; shred the peel very finely. Grate the rind of the lemon, mix with the other ingredients in a basin. Pour into a well-greased mould and steam for 2 hours. Custard made with *Goodall's Custard Powder* may be served with this pudding.



**MATERIALS.**—4 ozs. flour ; 1 egg ;  
**Pancakes.**  $\frac{1}{2}$  pint milk ; 1 lemon ; salt, sugar.

Put the flour into a basin, add the egg unbeaten, and pour in gradually the milk, stirring all the time with a wooden spoon. When quite smooth allow to stand for 1 to 2 hours, before frying.



**MATERIALS.**— $\frac{1}{2}$  lb. bread crumbs ;  
6 ozs. flour ; 2 ozs. sugar ; 1 oz. butter ;  
 $\frac{1}{2}$  pint sweet milk ; 1 lemon. **Lemon Pudding.**

Shred the yellow part of lemon peel very finely, and mix with the bread crumbs. Rub flour and butter together, adding the sugar and juice of lemon. Mix into a soft dough with milk, and boil or steam in a buttered bowl  $2\frac{1}{2}$  hours.

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## MORE GOOD THINGS

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**MATERIALS.**—6 sponge cakes ;  $\frac{1}{4}$  lb.

**Trifle.** macaroons ;  $\frac{1}{4}$  lb. ratafias ; whites of 2 eggs ; 1 oz. almonds ; 2 doz. savoy biscuits ; raspberry jam ; 1 pint custard ;  $1\frac{1}{2}$  ozs. pounded sugar ;  $\frac{1}{2}$  pint fruit juice.

Spread 1 doz. of the biscuits with the jam, and press the other doz. over them. Line a large glass dish with these, and pour over them the fruit juice. Leave to soak ; then arrange the ratafias and macaroons over them, also the sponge cakes, thickly stuck with blanched and sliced almonds. Next pour the custard over, and on top the stiffly beaten whites of eggs, sweetened with the sugar.



**MATERIALS.**—Brown or white bread not too stale ;  $\frac{1}{4}$  lb. of butter ;  $\frac{1}{2}$  lb. of currants ; 2 ozs. of citron ; 2 ozs. of moist sugar ; 1 teaspoonful of allspice ; 1 packet of GOODALL'S CUSTARD POWDER.

**Bread and  
Butter  
Pudding.**

Cut the bread in thin slices and spread butter, not too thickly, on each slice ; soak the currants well in cold water, and cut the citron into thin strips ; lay the slices of bread in a well-buttered pie dish, and strew currants and slices of citron over each layer, sprinkling with allspice and sugar. Make a pint of custard (see page 53), and when the pie dish is filled with slices of bread and butter, etc., pour the custard slowly into the dish, and bake in a quick oven for half an hour.

No sauce of any kind is really required with this pudding, but some cold custard, made with *Goodall's Custard Powder*, may be sent to table with the pudding, to make each plateful cooler.



**Oatmeal Pudding.** **MATERIALS.**—1 pint of oatmeal, coarse or fine ; 1 quart of milk ; 1 tablespoonful of GOODALL'S BAKING POWDER ;  $\frac{1}{2}$  a teaspoonful of salt.

Warm the milk, but do not let it boil ; pour it over the oatmeal in a large white pudding-basin, and

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## MORE GOOD THINGS

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let the oatmeal soak all night. About 2 hours before it is wanted stir in the Baking Powder and salt ; put the mixture in a buttered pudding-basin ; tie a floured cloth tightly over it, and boil for  $1\frac{1}{2}$  or 2 hours.

This pudding affords an easily digested and most nutritious food for children. Pour over each plateful, when helped, a ladleful or two of cold custard, made of *Goodall's Custard Powder*, and sweeten to taste.



**MATERIALS.**— $\frac{1}{2}$  lb. of flour ; a large tablespoonful of **GOODALL'S EGG POWDER**, manufactured by Messrs. **Goodall, Backhouse & Co., of Leeds ;** a salt-spoonful of salt ; some milk. **Batter Pudding.**

Put the flour, Baking Powder, and salt into a bowl, and mix with the milk, adding the milk gradually until sufficient has been poured in to make, with the flour, etc., a mixture resembling thick cream in substance. Pour into a buttered pie-dish, and *bake* for three-quarters of an hour ; or put into a buttered basin, with a floured cloth tied tightly over it, and boil for 2 hours.

For sauce, use cold custard, made from *Goodall's Custard Powder*. This will tend to cool the pudding and improve its flavour.

The ingredients are similar to those of Yorkshire Pudding, but the mode of cooking is different. Such fruit as cherries, well-washed currants, etc., may be mixed with the batter, but in that case the batter should be made stiffer, to prevent the fruit from sinking to the bottom of the basin, and thereby appearing in a mass at the top of the pudding when boiled.



### **Christmas Pudding.**

**MATERIALS.**—1 lb. raisins ; 1 lb. currants ; 1 lb. beef suet ;  $\frac{1}{2}$  lb. moist sugar ;  $\frac{1}{2}$  lb. flour ; 1 lb. bread crumbs ; 4 eggs ; 1 gill of rum, brandy, or whisky ;  $\frac{1}{2}$  pint of milk ;  $\frac{1}{4}$  lb. citron ;  $\frac{1}{4}$  lb. candied lemon-peel.

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## MORE GOOD THINGS

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Stone the raisins, wash the currants thoroughly, chop the beef suet as finely as possible, cut the peel into small strips, and place these ingredients, with the sugar, flour, bread crumbs, and eggs, in a large bowl; pour the milk over them, and mix until the whole is well incorporated. Lastly, add the spirit; stir the mass again for a few minutes, tie it up in a well-floured pudding-cloth, plunge it into boiling water, and boil for 4 or 5 hours.



CHRISTMAS PLUM-PUDDING  
IN MOULD.

This should be done the day before the pudding is wanted; on the following day, boil for 2 or 3 hours more. A rich plum-pudding of this kind cannot be boiled too long; the longer it is boiled the more wholesome it is.

As an accompaniment to Christmas Pudding, nothing is more palatable or seasonable than a jugful of delicious custard, made of *Goodall's Custard Powder*.

Two penny packets of *Goodall's Baking Powder*, if used instead of the eggs, will make the pudding lighter and far more digestible. Always use *Goodall's Baking Powder* in making bread, cakes, puddings and pastry, instead of yeast, eggs, etc. By doing so you will save a considerable sum in the course of the year, and get more wholesome and palatable food into the bargain.



**MATERIALS.**—Some good puff paste; preserve of any kind.

Line a shallow tart tin with a layer of puff paste (*see page 44*), and on the

Open

Jam Tart.

paste spread a thick layer of jam or marmalade. Ornament the edge of the paste with a pastry-roller, and place—or omit if taste does not approve of them—some thin strips of paste, rolled to the form and thickness of



OPEN TART.

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## MORE GOOD THINGS

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stout string, diagonally both ways over the surface of the preserve. Bake in a brisk oven for 15 minutes.

Jam tarts, whether large or small, are improved by the addition of some cold custard, made from *Goodall's Custard Powder*.

Some consider the flavour of the jam to be spoiled by baking, so they bake the paste by itself in a quick oven, and then lay in the jam which has in the meantime been warmed in a stew-pan. The ornaments, which have been also baked, are then placed on the preserve.

A pretty effect is produced by dividing the paste into 4, 6, or 8 compartments, by means of strips of twisted or plaited pastry, and filling alternate compartments with jam and marmalade, or with either of these and custard.

Tarts that are closed with pastry instead of being left open are called puffs. A thin layer of paste is made and cut into a circular form by the aid of a tin circle or saucer; some fruit, as apples or jam, is laid thickly on one half, and the other half is turned over the fruit, and the edges of the paste pinched together in order to retain the fruit.

A pasty is simply a very large kind of puff. Apples and meat are most commonly used for making pasties.



**Amber Pudding.** *MATERIALS.*—1 GOODALL'S CUSTARD POWDER, 1 egg; 1 pint of new milk, lump sugar, and lemon-peel to taste, and strawberry jam.

Boil the milk with the sugar and lemon-peel. Beat up an egg with 1 *Custard Powder* and 2 table-spoonfuls of milk. Pour this into the remainder of the milk, when the latter is in a boiling state, and stir round for 8 minutes. Then put the jam at the bottom of a pie dish, and pour over it the whole of the liquid mixture. It should be eaten quite cold, and is an admirable addition to a Summer dinner.

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## MORE GOOD THINGS

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**MATERIALS.** — 1 GOODALL'S CUSTARD POWDER; 1 tablespoonful of corn flour; 1 pint of milk; 4 tablespoonfuls of powdered white sugar; 2 or 3 small strips of lemon rind; 2 tablespoonfuls of brandy. **Wharfedale Pudding.**

Boil the milk, lemon rind, and sugar together; mix together the Custard Powder, corn flour, and 4 tablespoonfuls of milk. Take out the lemon rind from the boiling milk and pour the milk over the mixture as above. Mix quickly, then boil the whole for 8 minutes, adding the brandy by degrees. Dip your mould in cold water, turn in the pudding, and allow to set. When cold, turn out in the usual way.



**Apricot Sandwich.** **MATERIALS.**—4 ozs. butter; 4 ozs. sugar; 5 ozs. flour; 2 eggs; 1 teaspoonful GOODALL'S BAKING POWDER; 1 tablespoonful milk; a little vanilla.

Cream butter and sugar, add eggs well whipped, flour, and Baking Powder sifted together. Bake in 2 tins 15 minutes. Apricot jam for filling and vanilla essence.







CUSTARDS, as we have already seen, form a delightful accompaniment to almost all kinds of fruit pies and puddings. It is now necessary to look a little more closely into the method of preparing custards, and to see how custards may be utilized with other dishes, and even form the chief ingredient in the making of many light and highly nutritious additions to the dinner and supper table.

To make custards in the ordinary way several eggs are required, which renders them expensive.

*Goodall's Custard Powder*, however, enables thrifty housekeepers to make delicious custards *without* eggs, and, therefore, at a great reduction of cost. All may now enjoy those delicious preparations which render fruit pies and puddings more palatable by softening the natural acidity of the fruit, form an agreeable sauce to some and enter largely, if not entirely, into the composition of others



**MATERIALS.**—1 pint of new milk, or cream ; 1 packet of GOODALL'S CUSTARD POWDER ; 2 or 3 ozs. of finely-powdered loaf sugar.

Take from a pint of new milk or cream, 2 table-spoonfuls, and mix well in a basin 1 of the packets ; boil the remaining milk with 2 or 3 ozs. of white sugar ; while boiling, pour it into the basin, stirring all the time ; when cold, put it in the glasses. The custard can be used soon as cold.



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## MORE GOOD THINGS

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All the flavouring that is necessary has been already added by the manufacturer. To add to the appearance, however, of the preparation, you may, if you like, grate a little nutmeg on the surface of the custard when it is placed in the jug, bowl, or custard cup in which it is to be sent to table. It is unnecessary to boil the custard, therefore failure through want of stirring when on the fire, and taking it off as soon as it begins to *boil*, as in the ordinary method of making custard, is simply impossible.

By using Messrs. Goodall, Backhouse & Co.'s cheap and excellent *Blancmange Powder*, every one may have, and enjoy, a blancmange whenever they please.



**MATERIALS.**—1 quart of new milk, mixed with 3 ozs. of the CUSTARD POWDER, boil a few minutes, let it stand till COLD, then add 1 or 2 eggs, 4 table-spoonfuls of sugar; pour into a pie-dish, and bake for  $\frac{1}{2}$  an hour. This makes a very delicious pudding. See that you get the genuine *Goodall's Custard Powder*, manufactured by Goodall, Backhouse & Co., of Leeds. Ask your grocer for it, and take none that does not bear the name of the firm.



**Sultana Topsy Cake.** **MATERIALS.**—1 doz. square sponge cakes, or a sponge cake cut into slices—*if stale, so much the better*;  $\frac{1}{2}$  lb. of preserve or marmalade; some sherry or raisin wine; 2 ozs. of Sultana raisins; 1 oz. of citron; 1 pint of Custard (see preceding recipe). If a large sponge cake be used, first cut it into slices; soak the slices, or small sponge cakes—after spreading some jam upon them and arranging them in a glass dish—in the wine; pour a pint of Custard, while hot, over the whole, strew the raisins over the surface, and cut the citron into strips, and lay it here and there among the raisins.

If wanted for dinner, this dish should be made early in the morning. It is better, at all times, for being made some hours before it is wanted, to allow the custard to get cold.

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## MORE GOOD THINGS

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**MATERIALS.**—From 12 to 18 pears ;  
a small lemon ; 12 cloves ;  $\frac{1}{2}$  lb. moist  
sugar ; some water ; a pint of Custard.

**Baked  
Pears.**

Peel the pears, cut each in half and



STEWED PEARS

remove the core ; cut  
the lemon in thin slices ;  
lay the pears and lemon  
peel in layers, in an  
earthen jar with a cover  
to it, putting in a clove

here and there, and strewing sugar over each layer.  
Pour in sufficient water to cover the pears completely,  
set the jar in a slow oven and bake for 4 or 5 hours.

The best accompaniment to pears is custard  
made from *Goodall's Custard Powder*.



**Custard  
Cakes.**

**MATERIALS.**—Some rich puff paste ;  
1 pint of Custard. (For puff paste see  
page 44).

Line a tart dish or several patty pans  
with puff paste, and bake until sufficiently done.  
When the pastry is removed from the oven it  
should be allowed to cool for a few minutes, when  
the *Custard* must be poured in.

Make the custard of *Goodall's Custard Powder*,  
manufactured by Messrs. Goodall, Backhouse & Co.,  
of Leeds, and in preparing the puff paste use  
*Goodall's Baking Powder*, manufactured by the same  
firm.



**MATERIALS.**—4 ozs. of tapioca ;  
2 ozs. of beef suet ; 1 pint of COLD  
water ; 1 pint of milk ; 1 pint of  
Custard (see page 53).

**Tapioca  
Pudding.**

Chop the beef suet as finely as possible, and put it  
with the tapioca into a pie dish, pouring the cold  
water over it. Set it in a cool oven for half an hour ;  
then add the milk ; mix thoroughly with the  
tapioca and return to the oven, letting the pudding  
bake for about an hour. Serve with the custard  
in a glass jug or bowl, as an accompaniment, and

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## MORE GOOD THINGS

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sweeten to taste with moist sugar or loaf-sugar, powdered. Sago may be used instead of tapioca in making puddings of this kind, which are wholesome and nutritious, and especially suitable for young children.



**Gooseberry Fool.** *MATERIALS.*—1 quart green gooseberries ;  $\frac{1}{2}$  lb. sugar ; 2 eggs ; a little butter.

Wash the gooseberries, and *boil* with the sugar till tender. Then rub through a fine sieve, add a little butter, and when cool the beaten yolks of the eggs. Beat the whites to a stiff froth and add last. Serve quite cold.



*MATERIALS.*—1 pint of milk ; the peel of half a lemon ; 2 ozs. of loaf sugar ; 1 tablespoonful of corn flour ; and 1 packet of GOODALL'S CUSTARD POWDER. **Bermuda Pudding.**

Peel the rind of the lemon as thinly as possible ; put the peel and lump sugar into the milk in a clean sauce-pan, and place over a clear fire until the milk just begins to *boil*. Before doing this, the corn flour and *Custard Powder* should be mixed smooth in a basin, with 4 tablespoofuls of *cold* milk, taken from the pint, before the remainder is set over the fire. When the milk is beginning to boil, add the last-named ingredients, and allow the sauce-pan to remain over the fire for 8 minutes longer, taking care that its contents are simmering nicely the whole time. Pour into a mould, and stand in a cool place until cold.

This palatable pudding is much relished by children, and is improved by the addition of a little cream or preserve when sent to table.

Lemon peel, when used for puddings, etc., should be cut as thin as possible, because the cells, which contain the essential oil, lie just under the surface of the peel ; the oil is therefore liberated in greater quantities than if the peel had been cut thick.

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## MORE GOOD THINGS

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**Blancmange.** *MATERIALS.*—1 pint of new milk or cream;  $1\frac{1}{2}$  ozs. of sugar, and 1 packet of GOODALL'S BLANCMANGE POWDER.

Place the sugar and Blancmange Powder in a quart basin, with 3 tablespoonfuls of the milk or cream, and mix thoroughly, stirring briskly until the sugar is completely dissolved. As soon as this is done, put the remain-

der of the milk in a clean sauce-pan, and place it over a clear fire. When the milk is just on the point of boiling, remove the sauce-pan from the fire and pour the milk



BLANCMANGE.

on the ingredients in the basin. Stir the whole well together, and return the mixture to the sauce-pan. Have ready a mould or dish which has been wetted by dipping it into cold water, and when the mixture has boiled for 6 or 8 minutes, being well stirred all the time, pour it into the mould. As soon as the blancmange is cold it is ready to be sent to table; but before serving, it should be removed from the mould and placed on a pretty glass or china dish.

*Goodall's Blancmange Powder* is a unique preparation, by means of which rich and delicious blancmange may be made in a few minutes, and at very little cost.

Each packet is flavoured in the process of manufacture. The flavours are:—*Almond, Vanilla, Strawberry, Raspberry, Lemon, Coffee, and Chocolate.*



*MATERIALS.*—2 tablespoonfuls of milk; 2 eggs; the weight of 2 eggs in sugar and flour;  $1\frac{1}{2}$  ozs. butter; GOODALL'S BAKING POWDER.

**Canary  
Pudding.**

Cream the butter and sugar, add half the flour and 1 egg; then add the rest of the flour and egg, and mix well together; then add the milk and Baking Powder. Put into a well greased mould and steam for 1 hour.

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## MORE GOOD THINGS

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# Bread, Biscuits, and Cakes.

**B**READ baking is rather old-fashioned, so the thoughtless woman buys her bread—dearly—at the baker's.

Yet baker's bread cannot compare with the genuine, home-made article—although it is far more costly, it is not nearly so enjoyable or so nutritious.

Ask a strong, sturdy, happy child where *his* bread comes from. "Mother bakes it" he'll say, ten to one. Home bakery is well worth while, if only for the sake of the little ones.

And the baking of good, pure, nourishing, economical bread is very easy, if you will take a little care and use the right materials.

Here is an excellent recipe :

**Household Bread.** Into  $\frac{1}{2}$  stone flour, rub 1 tablespoonful of salt and about 2 ozs. lard. Make a hole in the middle, and into it sprinkle 2 ozs. yeast, over that a dessertspoonful sugar. Pour into the well a gill of lukewarm water. Leave for a few minutes, then proceed to mix and knead, with addition of lukewarm water, in the usual way for about 20 minutes. Put to rise in a warm place; in about 2 hours place in the tins and again to rise for 15 minutes or so. Bake in a hot oven.

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## MORE GOOD THINGS

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"Seconds" is the flour used for making household bread, and for all ordinary purposes. It differs from the "best whites" in not having been passed through so fine a sieve. The finest white flour is used for pastry of the first quality.

Genuine brown bread is made of whole meal, *i.e.*, flour in which the bran has been allowed to remain. It is generally made by mixing a handful of sweet bran with a quartern of seconds flour. The flavour of brown bread may be given to white bread by boiling 2 lbs. of bran in  $\frac{1}{2}$  gallon of water, for half an hour. The water must then be strained through muslin and used instead of plain tepid water, to mix with the flour when making the dough.



**MATERIALS.**—2 lbs. of flour ; 2 ozs. butter ; 1 pint of milk ; 6 teaspoonfuls of GOODALL'S BAKING POWDER ;  $\frac{1}{2}$  teaspoonful of salt. **Yorkshire Cakes.**

Put the butter and milk into a clean sauce-pan, and stand the sauce-pan by the side of the fire until the butter is melted and the milk is lukewarm. Mix the flour, salt, and Baking Powder well together, and then add the milk, beating the whole into a stiff dough, and divide it into pieces sufficient each to make a round cake from  $3\frac{1}{2}$  to 4 inches in diameter. Let the cakes remain for a short time before the fire on a greased tin, and then put them in a somewhat slow oven and bake for half an hour.

It should be remembered that a dessertspoonful is equal to 2 teaspoonfuls, and a tablespoonful is equal to 2 dessertspoonfuls or 4 teaspoonfuls. Always bear in mind that 2 teaspoonfuls or 1 dessertspoonful of *Goodall's Baking Powder* should be used to every 1 lb. of flour for bread, and 3 teaspoonfuls for cakes and tea-cakes.



**Tea-Cakes.** **MATERIALS.**— $\frac{1}{2}$  lb. butter ; 2 ozs. sifted sugar ; 1 pint milk ; 2 lbs. flour ; 6 teaspoonfuls of GOODALL'S BAKING POWDER ;  $\frac{1}{2}$  teaspoonful salt.



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## MORE GOOD THINGS

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Melt the butter in the milk as directed in the preceding recipe, and the sugar also; mix the flour, *Baking Powder*, and salt, and here add the milk, etc., incorporating the whole well together. Knead it well, and make it into round cakes, which should be left on a greased tin before the fire, in order to rise. When the cakes appear to be sufficiently risen, put them into a hot oven and bake for half an hour.



TEA-CAKES.

Bread made with baking powder is more digestible than bread made with yeast, which is *fermented* bread, while bread made with baking powder is unfermented, and, therefore, far more wholesome. It may be eaten as soon as it is cold without any fear of indigestion, which often follows when new fermented bread is eaten. The great secret of success in making bread with baking powder is to incorporate the baking powder, flour, and other ingredients thoroughly, mixing them well together and putting the dough, when ready, into a very hot oven.

In making unfermented bread with *Goodall's Baking Powder*, never deal with more than from 2 lbs. to 4 lbs. of flour at a time. The bread is better made in small quantities.



**MATERIALS.**—1 lb. flour;  $\frac{1}{2}$  lb. sugar; 1 tablespoonful of *Baking Powder*; milk; 1 lb. fruit; 4 ozs. lard; 2 eggs; candied peel. **Fruit Bread.**

Rub the lard into the flour, then mix in the other ingredients. Bake in small bread tin for  $1\frac{1}{2}$  hours.



**MATERIALS.**—1 gill milk; 1 oz. *Goodall's butter*; 8 ozs. flour; 1 teaspoonful **Bliscuits.** **GOODALL'S BAKING POWDER.**

Put the milk and butter into a saucepan to warm, and put the flour and *Baking Powder* into a basin. When the milk is hot, add to the



# MORE GOOD THINGS

flour, and mix it carefully into a smooth paste. Roll out thin on a floured board, cut out, and bake on a greased tin for 20 minutes.

**MATERIALS.**—1 lb. flour; 3 teaspoonfuls of Baking Powder;  $\frac{1}{2}$  pint milk;  $\frac{1}{2}$  teaspoonful salt;  $\frac{1}{4}$  lb. butter;  $\frac{1}{4}$  lb. moist sugar;  $\frac{1}{4}$  lb. currants or Sultana raisins.

## Currant Buns.



BUNS.

Melt the butter in the milk and pour the mixture over the flour, Baking Powder and salt, which should be previously thoroughly incorporated in a large bowl. When the dough is made add the currants or raisins, or equal quantities of both, if preferred, then divide the dough into small pieces, shape them into buns, and bake in a hot oven on a greased tin. Glaze with egg beaten up, applied with a feather, before putting the buns into the oven. For plain buns, use carraway seeds— $\frac{1}{2}$  oz. will be enough—instead of currants and raisins.



**Ginger Bread.** **MATERIALS.**— $1\frac{1}{2}$  lbs. flour; 1 lb. treacle or golden syrup;  $\frac{1}{2}$  lb. butter or lard;  $\frac{1}{4}$  lb. candied peel;  $\frac{1}{2}$  lb. sugar; 3 eggs; 1 gill milk; 1 teaspoonful carbonate of soda;  $1\frac{1}{2}$  ozs. ground ginger.

Mix flour, ginger and candied peel together in a basin. Dissolve butter, treacle, and sugar in a sauce-pan. Beat the eggs, and put the soda in a basin. Mix all together, adding the milk and soda last. Bake in a well-greased tin for about  $1\frac{1}{2}$  hours.



**MATERIALS.**—1 lb. flour;  $\frac{3}{4}$  lb. butter;  $\frac{3}{4}$  lb. castor sugar;  $\frac{1}{2}$  lb. treacle; 6 eggs; 1 gill milk or buttermilk; 2 lbs. currants;  $\frac{1}{2}$  lb. candied peel; 6 ozs. chopped almonds; good teaspoonful **GOODALL'S BAKING POWDER.**

## Christmas Cake.

Beat butter to a cream, add sugar, and beaten eggs, then other ingredients, and lastly flour and Baking

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## MORE GOOD THINGS

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Powder; the flour should be put through a sieve, and added very carefully. Bake in moderately hot oven in well-papered tins.



**Sweet Cake.** *MATERIALS.*—1 breakfast cup flour; 1 breakfast cup soft white sugar; 2 ozs. butter; a good teaspoonful GOODALL'S EGG POWDER.

Mix the flour, sugar, and Egg Powder together thoroughly, then rub the butter well in, add a little milk and mix altogether with a spoon, put into a tin and bake for half an hour or longer.



*MATERIALS.*—5 tablespoonfuls flour; 3 tablespoonfuls brown sugar; 1 teaspoonful of ground ginger; 2 tablespoonfuls treacle; a good teaspoonful GOODALL'S EGG POWDER. **Ginger Cakes.**

Mix the flour, sugar, ginger, and Egg Powder well together in a dry state, then add the treacle with a little milk, stir well together, put in a tin, and bake in a moderate oven.



**Ground Rico Cakes.** *MATERIALS.*— $\frac{1}{2}$  lb. ground rice;  $\frac{1}{4}$  lb. moist sugar;  $\frac{1}{4}$  lb. butter; 2 tablespoonfuls flour; a few currants; 1 teaspoonful GOODALL'S EGG POWDER.

Mix the rice, sugar, currants, and Egg Powder together in dry state, then melt the butter before the fire and add  $\frac{1}{2}$  teacupful of warm milk, mix together with a spoon, then put into queen cake tins or moulds, and bake in a moderate oven.



## The Cooking of Eggs and Cheese.

EGGS are very important articles of food, but it depends entirely on the manner in which they are cooked if they are wholesome and digestible. Cheese, though considered indigestible, is thought to aid the stomach in the digestion of other foods, and it is beyond doubt rich in elements which tend to form flesh and fat. Eggs are most readily digested when beaten up, and used with milk and other substances in making puddings, etc. ; and an egg beaten up with milk or a glass of sherry, and taken as a drink, is highly nutritious. The use of eggs in puddings and pastry has been to a great extent rendered unnecessary by *Goodall's Baking Powder*, and *Egg Powder*, which render all bread, pastry, etc., into whose composition they are introduced, extremely light and easy of digestion. It is chiefly desirable here to give a few recipes showing how eggs may be cooked and cheese used, so as to render them palatable and thoroughly digestible. *Yorkshire Relish* is splendid with all kinds of cheese.



*MATERIALS.*—6 eggs ; salt ; pepper ;  
1 oz. butter ; bread crumbs.

### Buttered Eggs.

With part of the butter well grease a small flat dish, just large enough to hold the eggs when placed in it side by side. Season with a sprinkling of salt and pepper, or strew a few

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## MORE GOOD THINGS

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bread crumbs lightly on the surface ; add the rest of the butter, cut in lumps, and place here and there over the eggs. Place the dish in the oven until the whites are just set, and then hold it before the fire for a minute or two, to brown the crumbs slightly, and serve. Sprinkle with *Yorkshire Relish*.



**Savoury Omelet.** *MATERIALS.*—4 eggs ; 2 tablespoonfuls of milk ; salt ; pepper ; sweet herbs, dried and powdered in winter and fresh in summer ; an eschalot or small onion ; 1 dessertspoonful of flour ; 1 oz. of butter.

Break the eggs into a basin ; add the milk, flour, a little salt, and just enough sweet herbs and eschalot or onion to impart flavour to the omelet. Whatever kind of onion is used, it should be chopped as finely as possible, and so should the sweet herbs, if fresh. Beat the ingredients till they are thoroughly incorporated, and then pour the whole into a small frying-pan in which the butter has been already melted. Keep shaking the pan, holding it over a clear fire, until the omelet is set and nicely browned at the bottom. Fold over, transfer to a very hot dish, and send to table.



OMELET.

An omelet of this kind is improved by sprinkling it, after it is served to each person, with a few drops of *Yorkshire Relish*.

In making a sweet omelet, omit the salt, pepper, onion, and herbs, and add only a little sugar to the eggs, milk, and flour. Send to table with some powdered sugar sprinkled over it, or a layer of marmalade or jam, folding the omelet over or rolling it up before sending it to table.

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## MORE GOOD THINGS

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**MATERIALS.**— $\frac{1}{2}$  lb. macaroni ; BOILING water ; salt and pepper ; 4 ozs. **Macaroni** cheese ;  $\frac{1}{2}$  oz. butter ; some bread **Cheese.** crumbs.

Break the macaroni into small pieces ; put it into a stew-pan with boiling water sufficient to cover it, and let it simmer until soft and tender. Strain off the water, and lay the macaroni on a flat dish, or in a pie-dish that has been well-buttered—the former is preferable. Season with pepper and salt to taste, adding a few grains of cayenne, if liked. Then cut the cheese, if soft, into thin slices, and spread the slices all over the macaroni, adding small lumps of butter here and there, and sprinkling the whole with fine bread crumbs. Set before the fire or place in the oven for 5 or 10 minutes, so that the macaroni may be impregnated with the flavour of the melting cheese, and the surface nicely browned.

No cheese dish is at its best without a sprinkling of *Yorkshire Relish*.

When cheese gets hard and dry, as it will when kept for too long a time, it may be made available for making Macaroni Cheese by scraping or grating it.



### **Stewed Cheese and Onions.**

**MATERIALS.**—2 Spanish onions or 4 English onions of medium size ;  $\frac{1}{2}$  lb. cheese ; 2 ozs. butter ; pepper and salt ; bread.

Skin the onions and boil them over the fire until they are soft enough to be mashed to a pulp. When this has been done, throw off any water that may remain in the sauce-pan, and put in the mashed onions. Add the cheese—which should be cut into thin slices or grated if rather hard—and the butter ; place the sauce-pan over the fire and stir the contents for 2 or 3 minutes. Serve in a hot dish garnished with sippets of toasted bread. *Yorkshire Relish* should be added to this dish to impart piquancy to the flavour.

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## MORE GOOD THINGS

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Onions are always wholesome and very nutritious. When eaten for supper they have a tendency to promote sound sleep. Onion porridge, consisting of onions mashed to a pulp, and eaten with a little butter, pepper, and salt is a simple, but excellent remedy for a cold.



*MATERIALS.*—2 ozs. cheese ; a table-spoonful ale ; a slice of bread, cut thick ; pepper, salt, and mustard to taste.

**Welsh  
Rarebit.**

Cut the cheese into thin slices and place it before the fire or in the oven, in a saucer or tin in which the ale has been previously placed, and let it remain there till the cheese is melted. In the meantime, toast the bread, lay it on a hot dish, and pour the melted cheese over it, taking care that the bread is well covered in every part. Sprinkle lightly with pepper and salt, touch here and there with mustard, and serve hot with a little *Yorkshire Relish*.

The word rabbit is a corruption of *rare bit*, and as the Welsh are, or are said to be, fond of cheese thus prepared, toasted cheese has obtained this distinctive name.



**Mock  
Crab.** *MATERIALS.*—A piece of cheese ; mustard, salt, pepper and cayenne pepper, if liked ; vinegar ; **YORKSHIRE RELISH.**

Mash the cheese, which for this purpose should be soft and rich, by pressing it with a knife or the prongs of a fork ; add mustard, salt, and pepper to taste, sprinkle with a few drops of vinegar, and about half a teaspoonful of *Yorkshire Relish*. Continue to mash the mixture with a knife until it is reduced to the consistency of butter. Spread it on toast or bread, or bread and butter, before eating it.

The flavour of cheese prepared in this way is wonderfully like that of dressed crab. *Yorkshire Relish* should be eaten with real crab as well as mock crab.

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## MORE GOOD THINGS

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Boil a cauliflower till perfectly tender, but not broken, and lay it on a slice of *hot* buttered toast, cover thickly with a good white sauce, to which a quantity of grated cheese has been added. A few drops of *Yorkshire Relish* goes well with this dish.

**Cauliflower  
au Gratin.**



**Cheese  
Fingers.**

*MATERIALS.*—3 ozs. grated cheese ;  
3 ozs. flour ; 2 ozs. butter ;  $\frac{1}{2}$  teaspoonful  
baking powder ; salt and cayenne pepper  
to taste ; 1 yolk of egg.

Stir all to a paste, with a little milk ; roll out, cut into strips about 3 inches long, roll round, and bake in a quick oven for 5 minutes.



*MATERIALS.*—1 cupful grated cheese ;  
1 egg ; a little butter ;  $\frac{1}{2}$  pint milk ; seas-  
oning ; strips of hot buttered toast.

**Cheese  
Toast.**

Boil the cheese in the milk until it is thoroughly melted, then add pepper, salt, mustard, and the butter. Beat yolk and white of egg separately, and stir the yolk first into the *hot* milk, mixing it over the fire till it thickens, without boiling. At the last moment add the stiff white of egg, then put a heaping spoonful of the mixture on each strip of hot buttered toast.





# BEVERAGES FOR SUMMER & WINTER



**T**HERE is no man living who does not experience parching thirst at times : there are few who quench their thirst, when they are tormented by an irresistible desire for drink, in a reasonable and proper manner. Most men will either drink too quickly or too much, wishing, like Mynheer Van Dunk, that their—

“ Draught could be

As full and as deep as the Zuyder Zee.”

The most simple, natural, and wholesome way to quench thirst, however, is simply to bathe the wrists with cold water for 3 or 4 minutes, and then drink a glass of ginger beer.

The application of cold water to the wrists cools the blood, and thus tends to reduce the burning desire for drink ; and the ginger beer, swallowed when the thirst is already beginning to lessen, removes the uncomfortable feeling under which the throat has been labouring, and strengthens and invigorates the stomach, benefiting the entire system.

By using a packet of *Goodall's Ginger Beer Powder*, 3 gallons of the best and most delicious ginger beer can be made for 8d. or 9d., sugar included. The stone bottles in which ginger beer is bottled for use, hold just about  $\frac{1}{2}$  pint ; 3 gallons will, therefore, fill 48 bottles, and the cost of the contents of each bottle is no more than  $\frac{3}{16}$ d.

# MORE GOOD THINGS

**MATERIALS.**—3 gallons BOILING water; 2 lbs. moist sugar; 1 teacupful good FRESH brewer's yeast; and 1 packet GOODALL'S GINGER BEER POWDER.

**Delicious  
Ginger  
Beer.**

Put the contents of a packet into a 3 gallon stone vessel, with 2 lbs. of raw sugar and 3 gallons of boiling water. Let it stand 2 hours, or until milk-warm; then add a teacupful of fresh brewer's yeast. Stir all well together, and set to work in a warm place for 10 or 12 hours; then strain through flannel, and bottle off. Lay the bottles on their sides; on no account keep them upright.



GINGER.

Those who have not the convenience, or who do not care for the trouble of bottling, will find this Beer drink admirably well if allowed to remain in the vessel. When required for drinking, do not remove the yeast from the top, but blow it gently to one side, and take out with a cup or other vessel. By so doing it will keep good and fresh for some days.

*Goodall's Ginger Beer Powder* is made from the best and purest ingredients, and no disappointment can possibly result, if the instructions above are carried out. As the powder possesses valuable medicinal properties, the beverage that is made from it will not only be found delicious and invigorating, but prove a wholesome and invaluable stomachic.



The following are two delicious Summer drinks made with Indian tea :

## Summer Tea Beverages.

(1) *CHERRY TEA*. Small china cups without handles are used. The finest tea is made in the ordinary way, then poured into the cups. 2 maraschino cherries are added to each cup, also a thin slice of lemon powdered on each side with cinnamon. This makes a most alluring summer drink.

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## MORE GOOD THINGS

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(2) *TEA CUP.* Take a quart of liquid tea, fairly strong, the rind and juice of 3 or 4 lemons, also sufficient white sugar. Let this stand for half an hour, then strain and add a bottle of sherry. This drink should be served in champagne glasses with ice.



*MATERIALS.*—2 *tablespoonfuls* pearl barley; 2 *pints* water; 1 *slice* lemon.

**Barley  
Water.**

Wash pearl barley and put in a pan with 1 pint of cold water. When it comes to the boil pour off the water, as it is unwholesome; add a pint of fresh cold water, bring it to the boil, and allow to simmer until the water looks milky. A piece of lemon rind, peeled very thinly, kept in for a while to extract the flavour is an improvement, and a little strained juice of the lemon may also be added. Sweeten to taste and the barley water is ready for use; a nourishing as well as a cooling drink.



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# MORE GOOD THINGS

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## JELLIES.

THE great thing about jellies, next to purity, is *Flavour*. A jelly must be judged by its flavour, and we assert that for flavour no jellies in the world can equal ours. You will like the jelly made from *Goodall's Jelly Squares*—like its brilliancy, its richness, and its wonderfully natural flavour. If you once try these Jelly Squares, we feel sure you will be grateful to us for introducing them to your notice. They are made in all the following flavours :

<i>Lemon,</i>	<i>Raspberry,</i>	<i>Almond,</i>
<i>Orange,</i>	<i>Strawberry,</i>	<i>Vanilla,</i>
<i>Pineapple,</i>	<i>Cherry,</i>	<i>Port Wine,</i>
<i>Black Currant,</i>	<i>Apricot,</i>	<i>Sherry Wine,</i>
<i>Red Currant,</i>	<i>Apple,</i>	<i>Champagne,</i>
	<i>and Plain.</i>	

Perfect purity is guaranteed.



**Custard Jelly.** Dissolve a pint Jelly Square in 1 gill hot water. When cold, but not set, add 1 gill of cold custard, made with *Goodall's Custard Powder*, and pour into a mould. When set, turn out and serve with cup custard.



Cut a pint Jelly Square into small pieces. Dissolve in 1 gill of hot water; when cold, but not set, add slowly 1 gill of cold milk. Pour into a mould. When set, turn out into a glass dish, and serve with whipped cream or *Goodall's Custard (Vanilla Flavour)*.

**Milk Mould.**

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## MORE GOOD THINGS

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**Jelly Sponge.** Dissolve a Jelly Square in 1 gill of hot water. When cold, but not set, add the whites of 2 eggs. Whip briskly for 15 minutes, then pour the mixture into a mould. When set, turn out into a dish, and garnish with chopped clear jelly.



Melt the Jelly, adding to it, for every  $\frac{1}{2}$  pint of liquid,  $1\frac{1}{2}$  ozs. powdered lump sugar. Place a little jelly at the bottom of the mould, which must first set. Then put grapes, cherries, strawberries, or any other desired fruit on the "set" portion, and fill up with the remaining liquid jelly. By varying the positions of the fruit, a very elegant looking dish will be the result.

**Jelly  
and  
Fruit.**



**MATERIALS.**— $1\frac{1}{2}$  pints GOOD-ALL'S JELLY;  $\frac{1}{2}$  pint cream; 1 glass sherry; sugar to taste.

**Open Jelly  
and**

**Whipped Cream.** Soak a mould, open in the centre, for 30 minutes in cold water. Fill the mould with jelly, and let it remain in a cool place till set. Turn it out on a dish, and fill the centre with Whipped Cream, flavoured with sherry and powdered sugar. Pile this cream high in the centre and serve.



# GOODALL'S JELLY SQUARES.

**I**F you try them, we are confident that you will agree that GOODALL'S JELLY SQUARES make the most delicious Jellies in the World.

We were, you know, one of the very first makers of Jelly Squares, and we have always been particularly proud of their purity and their wonderfully natural flavour.

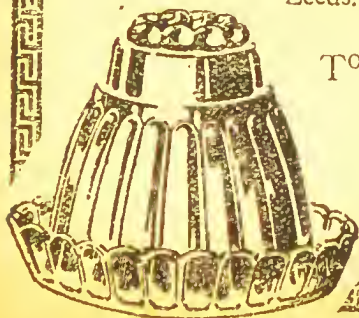
There are several new and very good recipes for inexpensive Jelly Dishes in this book, but it is very important that you use only the genuine GOODALL'S JELLY SQUARES.

Price, 2d. ( $\frac{1}{2}$ -pint) and 3 $\frac{1}{2}$ d. (pint) per packet.

Sole Manufacturers:

Goodall, Backhouse & Co.

Leeds.



**TO GROCERS.**

Grocers are invited to write for special terms, advertising matter, show cards, etc., to the Sole Manufacturers.

## NOTES :

For FLAVOUR, we believe no Jelly Squares  
in the World can compare with GOODALL'S.

WHENEVER you've meat, see you've  
"Yorkshire," too.



## NOTES :

Your Grocer will gladly obtain ANY of our Specialities for you.

Remember YORKSHIRE RELISH goes two or three times as far as the ordinary, thick sauces.

# IN MY . . . KITCHEN

BY

Mrs. EMMELINE FORDE.



**I**N my Kitchen, my friends tell me, miracles are commonplace. No one can understand how I do so much and bake so well with so little fatigue, and at so little expense. The secret lies largely in design—my kitchen is so designed that everything is handy, everything is near—it is only a step from the table to the oven or the sink.

And there is nothing in the whole room that is not absolutely *necessary*—everything superfluous has had to go. I don't believe in wasting time in doing things I needn't or caring for things I don't need, so my kitchen is as clean and practical and rubbish-free as a surgery. But I take care that everything I *do* need is there, and I have a very special place on a front shelf for six articles which I consider absolutely *vital* to good cookery.

Their names I have given below, along with a few notes on the best ways of using each :

## YORKSHIRE RELISH.

**T**HIS Sauce is by far the best I have ever come across. I have tried simple sauces and complicated ones, cheap ones and dear ones, but never found any, *at any price*, to equal YORKSHIRE RELISH. Thin sauces, of course, are much more economical than the thick, and personally, I do not "fancy" the latter.

### **GOODALL'S JELLY SQUARES.**

**I** AM very fond of Jellies, and am never happier than when making them. I sought for years to find a Jelly with the perfect flavour of natural fruit, and then someone recommended GOODALL'S. I know I shall never find better Jelly Squares, for GOODALL'S JELLY SQUARES alone have the *real* fruit flavour.



### **GOODALL'S CUSTARD POWDER.**

**C**USTARD, when well made, is very delicious and very nourishing; and it is so easy to make perfect Custard from GOODALL'S CUSTARD POWDER that in summer I make it almost every day. The difference between GOODALL'S and other Custards is so marked that it is well worth while to *insist* on GOODALL'S.



### **GOODALL'S BROWNING SAUCE.**

**G**OOD, rich-looking gravy is an enormous improvement to almost any dish; and I have found the adding of a little Browning Sauce very necessary in making gravy from the whiter meats. GOODALL'S BROWNING SAUCE makes really *beautiful* gravy.



### **GOODALL'S SALAD CREAM.**

**A** GOOD Salad Cream is hard to find, and I am grateful to the kindly fate that put Goodall's in my way. My salads are quickly getting famous, and I know that I have only GOODALL'S SALAD CREAM to thank.



### **GOODALL'S EGG POWDER.**

**T**HIS preparation has saved me a lot of trouble and expense. It is much more certain in effect than eggs; and, when they are dear, I use it almost exclusively. There are many egg substitutes on the market, but for ordinary household purposes I have found this far the best.



GOODALL, BACKHOUSE & CO.,  
LEEDS.



BY ROYAL APPOINTMENT TO H.M. KING GEORGE V.

*The  
most delicious Sauce  
in the World*

**I**N great hotels and restaurants, on the dining tables of world-famous clubs, in the homes of those who can afford life's good things, as well as in the humbler dwelling of the workman, and the lone shanty of the squatter—

# Yorkshire Relish

—is always to be found.

The first taste of Yorkshire Relish with the soup, the fish, the joint, or the cheese—the first experience of it with a cold, unappetising lunch—these are delights which you will soon turn into habits.

From Grocers, Stores, etc., everywhere.

6d., 1/- and 2/- per Bottle.





RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 3315

Microfilm No:

Date	Particulars
2/11/98	Chemical Treatment
	Fumigation
	Deacidification
	Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks

Revised  
the 11/11/98



